



*Conference:
Effective Self Management*

*1 - 5 June 2025
Amman (Jordan)
Chemistry*

Conference: Effective Self Management

Conference code: CO8134 From: 1 - 5 June 2025 Venue: Amman (Jordan) - Chemistry Conference Fees: 3575 € Euro

Introduction

"Your success is determined by your daily agenda." -John Maxwell

Great achievers have always performed well by managing themselves and their abilities. Self-management is important for individuals to perform effectively in both large and small organizations where they are called to perform various duties. Self-management encourages individuals to set their own goals, monitor their behavior in achieving those goals, and reward themselves upon their success in achieving those goals. Self-management is the building block for the effective management of other people, groups, and organizations.

The purpose of this conference is to:

- Encourage individuals at all levels to develop skills and strategies to direct their own behavior toward achieving their goals
- Accept responsibility for the success or failure of tasks that you've undertaken
- Schedule personal time off to create positive deadlines to complete projects
- Identify your priorities in life and balance work and family commitments
- Learn to cope with stress

Conference Objectives of Effective Self Management

- Cultivate the habit of finishing projects
- Develop your self-confidence and self-assurance in your ability to achieve goals
- Develop effective strategies to cope with stress
- Reappraise the current situation and make the necessary adjustments to succeed
- Learn to manage your time better

Conference Delegates of Effective Self Management

The course is designed for anyone who desires to demonstrate self-management in their work and balance their priorities between work and family commitments. The course is appropriate for those who have some management experience and wish to enhance their self-management skills to be successful workers. This course is suitable for:

- Team members
- Supervisors
- Management professionals
- Delegates of any sector of industry and/or business

Conference Process of Effective Self Management

This course is an interactive mixture of lectures, discussions, activities, and practice on developing self-management skills. It provides definitions, examples, discussion, and activities designed to promote skill building with interaction and discussion among participants. Activities and work on examples and role-playing are used to

highlight concepts taught and allow participants to practice skills learned in this course.

Conference Benefits of Effective Self Management

How will this seminar benefit my self-management skills?

- Learn how to manage your time better
- Identify your life goals and develop a plan on how to achieve them successfully
- Achieving a balance between work, family, and rest
- Manage emotions, and build and maintain relationships
- Deal with pressure and stress in the workplace

Conference Results of Effective Self Management

What will my organization gain when sending their employees to attend this seminar?

- Allow individuals to work towards personal and business goals with self-initiative
- Employees develop self-awareness and self-management of their behaviors
- Respond positively to change, seeking support when needed
- Ability to show flexibility according to the changes in the business environment
- Employees learn to prioritize and accomplish set goals

Core Competencies of Effective Self Management

- Understanding one's self and managing emotions
- Managing our behaviors
- Developing leadership skills
- Working as a self-managed team toward organizational objectives
- Setting priorities and managing time

Conference Outlines of Effective Self Management

Day 1: Knowing Yourself

- Importance of awareness for self-management
- Focusing your mental energy
- The mind-body connection
- Managing your physical energy
- Cultivating good personal habits
- Understand your learning style

Day 2: Self-Management for Effective Leadership

- Leadership style and impact
- Developing trust
- Practicing empathy
- Making decisions
- Getting people behind your ideas

Day 3: Towards Effective Self Management

- Understanding the stages of human development
- Understanding and managing our behaviors
- How to strengthen yourself from within
- Basic principles of life
- Filters of experience
- Passive, aggressive, and assertive behavior

Day 4: Making Every Moment Count

- Setting priorities
- Time management techniques
- Strategies to avoid procrastination
- Handling stress in the workplace
- Dealing with pressure
- Making an action plan

Day 5: Self-Managed Teams

- Managing interactions with different people
- Handling difficult people
- Setting targets for performance
- Managing others and teams
- The role of influence
- Resolving conflicts effectively

Registration form on the Conference: Effective Self Management

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 □ Euro

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