



LEARN TO KNOW YOURSELF

(Non-Accredited)

Duration : Half Day

Delivery Method
Face-to-Face / Virtual / Blended



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OVERVIEW

This practical workshop helps team leaders and supervisors develop greater self-awareness in order to lead others more effectively. Participants will learn that strong leadership is not only based on technical knowledge and job requirements, but also on understanding themselves, their strengths, weaknesses, behaviour patterns, and responses to stress, change, conflict, and workplace pressure.

1. UNDERSTANDING YOURSELF AS A LEADER

- Recognising why self-awareness is important in team leadership and supervision
- Understanding how personal behaviour influences others
- Identifying what motivates and drives personal performance

2. BEING HONEST WITH YOURSELF AND OTHERS

- Learning how self-awareness supports honesty and accountability
- Understanding the importance of personal reflection
- Building trust through authentic and responsible leadership

3. IDENTIFYING STRENGTHS AND WEAKNESSES

- Recognising personal strengths that can support effective leadership
- Identifying areas for growth and development
- Using self-knowledge to improve confidence and performance

4. DEALING WITH DIFFICULT PEOPLE POSITIVELY

- Understanding how different personalities may respond in the workplace
- Learning how to respond calmly and constructively to difficult behaviour
- Finding ways to get the best out of team members

5. UNDERSTANDING YOUR RESPONSE TO STRESS AND CHANGE

- Identifying how you personally react to stress, pressure, and change
- Recognising triggers that may affect decision-making and communication
- Developing healthier responses in challenging situations

6. MANAGING PUSHBACK AND WORKPLACE PRESSURE

- Understanding how to deal with resistance from team members
- Managing expectations from superiors professionally
- Building resilience and confidence when faced with workplace challenges

KEY OUTCOMES

Participants will gain practical tools to improve self-awareness, identify personal strengths and weaknesses, respond better to stress and change, manage difficult people more effectively, handle pushback professionally, and lead their teams with greater confidence, honesty, and self-control.