

Management Seminar - Management Training

Effective Self Management

3 days

Reaching one's potential through personal effectiveness

Who should attend:

Professionals and managers who are interested in increasing their performance and personal effectiveness. Ideal for current and future leaders who will be asked to lead teams or projects.

Seminar Objectives:

BSL's seminar in Effective Self Management will equip you with concrete tools and methods for improving your personal effectiveness. The seminar will cover:

- How to assume personal responsibility and trust yourself
- Managing stress & time through clarity, focus and personal effectiveness
- Effective decision-making & judgment ability
- Develop the ability to step back
- How to recognize and transform counter-productive behavior and limiting beliefs
- Develop personal and organizational drive for excellence by overcoming limiting boundaries and turning challenging situations into opportunities for growth
- Creating sustainable work/life balance

Yiftach Sagiv, Professor

Yiftach Sagiv gives the module on Effective Self Management and co-instructs Advanced Communications Skills and Advanced Teamwork & Cooperation Skills at Business School Lausanne. After retiring from the Israeli military in 1975, Sagiv was shareholder and director of A.M.I. Supplies LTD, a company, specializing in marketing and building constructions.

In 1986 he managed the R&D department for a large company in textile products. In 1989 Sagiv became a coach and a trainer for personal and organizational development. He founded the Dutch company Essence Training and, since 2003, has dedicated himself to creating learning tracks in personal development and business performance.

Claudia Kranefuss, Professor

Claudia Kranefuss is CEO of Essence Trainings. She co-instructs Effective Self Management and gives the modules on Advanced Communications Skills and Advanced Teamwork & Cooperation Skills at Business School Lausanne. Kranefuss began working with Essence Trainings as a co-trainer in 2000, and as CEO, she is now responsible for the company's strategy. Prior to Essence Trainings, Kranefuss worked for ANWB Publications, where she served as Marketing Manager until 2001, when she became a Publisher for the group.

Related Seminars:

- Strategic Thinking for General Managers
- Developing and Managing Others

Seminar Fees: CHF 2'800.-

This fee includes:

- Registration
- Course materials & books

Useful information:

This seminar includes a commitment to 10 hours of pre-work and 20 hours of post-assignment.

Pre-requisites:

- A solid understanding of business, obtained through management training courses or relevant professional work experience.
- Fluency in English.

Duration

- Thursday: 8:30 – 21:00
- Friday: 8:30 – 21:00
- Saturday: 8:30 – 14:00