



## Target Audience

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Registered Managers and other Managers currently working in Adult Social Care.

This CPD module will help managers to tackle isolation, manage time, build resilience and ensure wellbeing. It will look at techniques and tools which can support managers to self-manage and understand when and how behaviours can influence and impact on others.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, questionnaires, and scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ Leadership Qualities Framework

## Course Content

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- ◆ The impact of your own beliefs and values
- ◆ Self-management, self-awareness and confidence
- ◆ Integrity and how actions & words influence others
- ◆ How cultures can foster resilience
- ◆ Emotional intelligence
- ◆ How to deal with pressure and stress using well-being strategies including delegation
- ◆ Time management, techniques and tools.

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Describe how successful behaviours and practical strategies can support them in their day-to-day work
- ◆ State how to put strategies into practice
- ◆ Reflect on current practice and recognise what you do well
- ◆ Action plan for own personal development

**Duration: 7 Hours**