

Boss of Busy

Strategies to thrive in relentless, stressful change environments

Course Duration – 1 Day

Course Cost – \$750 pp

CLF level Alignment



M MDF Alignment



Overview

In this fast paced and dynamic world we live in, being busy at work or having a stressful week is the norm. Wouldn't you prefer to have calm in amongst the chaos? As time, pressure, and work speeds up, one of the things we can control is our perception of being busy. By understanding the roles of purpose and progress and their impact on behaviour and motivation, we can make great progress to stay motivated to become the Boss of Busy.

Who should attend this course?

Want to become the boss of busy and learn to remain calm? By learning to identify where your stress is coming from, how to manage pressure, overcome your roadblocks and make great progress. This course will provide leaders practical strategies to reduce complexity, establish regular rituals and new levels of productivity. Moving you towards the best version of you, the Boss version of you.

Learning Outcomes

This workshop provides strategies to assist in self diagnosing when you are being boss of busy and when you just aren't. Once you can diagnose, you can respond. The workshop gives you the skills to respond with effective and proven techniques to reduce complexity and anxiety, make effective decisions, increase productivity, and prepare your team for this fast paced world.

Learn About:

- ◆ How the human brain and body scientifically responds to pressure and progress
- ◆ How to identify the states of being that are commonly experienced in response to too much pressure, disconnect from purpose or limited progress
- ◆ Techniques and strategies to become the boss of busy across all areas of life
- ◆ How to support your team in their various responses to pressure and progress so you can lead them for success.

Learn To:

- ◆ Know your own response triggers to pressure
- ◆ Make progress to stay motivated
- ◆ Find space in your life to be your best self
- ◆ How to support others when they are struggling with too much pressure or limited progress
- ◆ Speak with non-emotional language about your emotional responses to pressure and progress
- ◆ Control your relationship with pressure so that you can make great progress

Prerequisite

N/A

Middle Manager Development Framework Alignment

- ◆ Creative problem solving and decision making
- ◆ Building & managing stakeholder relationships well
- ◆ Driving continuous improvement and change

How to enrol?

[Click here](#) to download the OCPE Course Enrolment Form.

Email completed enrolment forms to: swpd.ocpe@nt.gov.au.

To find out more about this course contact:

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