

Boss of Busy

Strategies to thrive in relentless change environments

Course Duration – 1 Day

Course Cost – \$750 pp

CLF level Alignment



MMDF Alignment



Prerequisite

N/A

Overview

In this fast paced and dynamic world, we live in, we need to develop an outstanding relationship with pressure and progress. One, where we can learn to control the tension of pressure, like it's a dial WE control. A relationship where we can make great progress to stay motivated. But how do we develop such a relationship? By understanding the interplay with pressure and progress so we can learn to become Boss of Busy.

Who should attend this course?

If you want to become the boss of busy by learning to handle pressure and make great progress. This course will assist in understanding this dynamic interplay, which gives ourselves the greatest chance to turn up our best most helpful self in life and at work

Learning Outcomes

This workshop will provide a model to assist in self diagnosing when you are being boss of busy and when you aren't. Once you can diagnose, you can respond. The workshop then trains you to respond by providing you with effective and proven techniques to allow you to manager busyness in a 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 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

Topics covered from the Middle Management Development Framework

- ◆ 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.

Completed enrolment forms are to be emailed to: swpd.ocpe@nt.gov.au.

To find out more about this course contact:

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