



Professional Personal Development Training

Free Choices

People Management

Managers hold a diverse number of responsibilities and are directly involved in the support of staff, in order to provide guidance, supervision, sufficient work performance and meet targets. They are also responsible for the support of employees who are affected by stress, stress related illness and absence.

Whether you are a manager or are new to the role, Free Choices People Management training works to build strong competencies, which enables proficient oversight of staff and services.

Programme Brief

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Our trainers will develop your knowledge, practical skills and awareness in:

- ✓ Positive People Management – skills in enhancing employee engagement and job performance
- ✓ Effective strategies in giving direct guidance and getting things done
- ✓ Working with Diversity & Inclusion
- ✓ Dealing with conflict & challenging situations
- ✓ Constructive approaches in the sustainable recruitment & retention of staff
- ✓ Strategies in coping with excessive workload & time management
- ✓ Development of personal well-being practices and Work-Life Enhancement
- ✓ Recognising & understanding indicators of anxiety, stress & burnout
- ✓ Building resilience and dealing with crisis
- ✓ Establishing strategies in constructively dealing with complaints
- ✓ Developing empathic listening skills, strengthening understanding and bonds with others

- ✓ Effective communication skills
- ✓ Recognising individuals in need of further assessment or support
- ✓ Engaging with and constructively supporting team members
- ✓ Recognising relevant factors in relation to Duty of Care for supporting individuals

Programme Delivery

Training will be interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, as well as, the daily practical application of the knowledge and skills learnt.



Contact us to find out more about our training programmes