



Pro-Active College™
FREEDOMTHROUGHKNOWLEDGE

SELF MANAGEMENT, EMPOWERMENT AND PEOPLE MANAGEMENT

Specialist Dr Ilza van Wyk

Ilza van Wyk has a Doctorate degree in psychology with a private practice as a Registered Counselling Psychologist. She focuses on ongoing research and the practical implementation of the newest developments in cognition, emotion and of neuropsychology, to link the basic neuroanatomy and functioning with normal behaviour. Her passion is to improve people's lives - to live their dreams. She has a proven track record of 23 years as practicing psychologist and was a part-time lecturer in neuropsychology.

Workshop Outline

Learning Unit One Self Management

- Who am I?
- Self image and concept
- My potential
- Identify the hurdles that sabotage your potential
- Self leadership

Learning Unit Two Self Empowerment

- Emotional intelligence
- Resilience and self regulation
- How to achieve goals
- Enhancing individual brain fitness

Learning Unit Three People Management

- Effective communication
- Conflict handling
- Complex problem solving

TARGET GROUP

This specialised workshop is aimed at:

- leaders in the working environment who want to improve their growth and potential.

BENEFITS

The benefits of this specialised workshop include:

- effective communication to achieve results;
- effective problem solving;
- successful conflict management;
- optimised performance in the workplace;
- healthy relationships in the workplace;
- leading people to think together; and
- improved brain fitness.

DURATION

Two day contact session.

- Day 1: 08:30 - 16:00
- Day 2: 08:30 - 14:00

CERTIFICATION

Candidates must compile a practical assignment on how to apply self development to work in the workplace. A certificate of competence will be issued to candidates who are found competent.

ABOUT US

Pro-Active College excels in the education, training and development of public and private sector officials. With its strong focus on practical workplace skills, Pro-Active College strives to facilitate measurable improvements in the productivity of client organisations.

Contact Us

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