MERCURY

Effective Self Management Techniques & Skills Conference

16 – 20 August 2027
Barcelona (Spain)



Dubai - UAE: +971 4 450 5697
Istanbul - Türkiye: +90 539 599 1206
Amman - Jordan: +962 79 712 3347

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Ref: 8134_268502 **Date:** 16 – 20 August 2027 **Location:** Barcelona (Spain) **Fees:** 5600 Euro

Introduction:

Great achievers have consistently demonstrated proficiency by effectively managing themselves and their capabilities. Self-management is pivotal for individuals to perform efficiently in large and small enterprises where they are called upon to fulfill various responsibilities. It spurs individuals to set personal objectives, monitor their behavior in pursuit of those objectives, and reward themselves upon successfully attaining these targets.

Moreover, self-management lays the foundation for overseeing others, including groups and broader organizational structures. Understanding the importance of self-management in leadership is key to fostering a culture of self-discipline and accountability, which are cornerstones of self-management leadership.

This practical module equips participants with the effective self-management skills necessary to thrive in fast-paced environments. Engaging in an effective self-management workshop allows for developing skills and techniques tailored to meet the complexities of modern professional and personal life demands.

Self-Management and Recovery Training:

This effective self-management techniques and skills conference also integrates aspects of self-management and recovery training, enabling participants to regain control after setbacks and maintain progress toward their outlined goals. Demonstrating the proactive nature of self-management in the face of adversity is a sign of true leadership and personal growth.

Self-Management and Leadership Development:

This effective self-management techniques and skills conference delves into the relationship between self-management and effective leadership. This unit emphasizes the need for leaders to exemplify self-discipline and goal-oriented behaviors to inspire their teams. When harmoniously balanced, leadership and self-management are two intertwined aspects that can lead to inspirational and transformative leadership styles.

Targeted Groups:

- All managerial and supervisory levels
- All team members of the organization
- Individuals seeking to dramatically enhance their personal and professional lives through self-management and leadership development

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Conference Objectives:

By the culmination of this effective self-management techniques and skills conference, participants will be empowered to:

- Cultivate skills and strategies to guide their behavior toward goal attainment.
- Take ownership of the outcomes of tasks they have initiated.
- Allocate personal downtime to create positive, actionable deadlines for projects.
- Pinpoint life priorities and reconcile work and familial obligations.
- Develop resilience and strategies to cope with stress.
- Nurture a habit of completing tasks.
- Bolster their self-confidence in achieving set objectives.
- Adjust to changing situations and strategize for success.
- Enhance their time management capabilities.
- Formulate a concrete plan to realize life ambitions.
- Establish equilibrium between work responsibilities, family time, and periods of rest.
- Manage emotional states and sustain interpersonal relationships.
- Navigate pressure-filled situations and workplace stress adeptly.

Targeted Competencies:

At this effective self-management techniques and skills conference, target competencies will be empowered to:

- Understand one’s self and manage emotions.
- Manage our behaviors.
- Develop leadership skills.
- Work as a self-managed team toward organizational objectives.
- Prioritize.
- Time management.

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Conference Content:

Unit 1: Knowing Yourself:

- Importance of awareness for self-management.
- Focus on your mental power.
- The mind-body connection.
- Manage your physical energy.
- Promote good personal habits.
- Understand your training style.

Unit 2: Towards Effective Self-Management:

- Understand the steps of human development.
- Understand and manage our behaviors.
- How to empower yourself?
- Basic principles of life.
- Filters of experience.
- Learn about passive, aggressive, and assertive behavior.

Unit 3: Self-Management for Effective Leadership:

- Leadership style and impact.
- Develop trust.
- Practice empathy.
- Make decisions.
- Get people behind your ideas.

Unit 4: Self Managed Teams:

- Managing interactions with different people.
- Handle difficult people.
- Set targets for performance.
- Manage others and teams.
- The role of influence.
- Resolve conflicts effectively.

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Unit 5: Making Every Moment Count:

- Set priorities.
- Time management techniques.
- Learn strategies to avoid procrastination.
- Handle stress in the workplace.
- Deal with pressure.
- Make an action plan.