

**Quality
Assured
Care Learning**



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Understanding Self-Management Skills

Our Understanding Self-Management Skills course, developed by Skills for Care, is available virtually via Zoom, or Face to Face, depending on your preference. Social care leaders require emotional intelligence, time management, and communication skills to navigate their multifaceted roles. This workshop equips managers with practical tools to address workload challenges, promote work/life balance, and foster resilience.

Our experienced trainers will lead participants in self-reflection, encourage them to learn from experiences and learn how to combat isolation by connecting with peers. Gain insights into effective time management and strategies for building resilience and enhancing well-being. At Coleman Training we prioritise personalised support, with real people you can talk to.

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Learning Outcomes

- Enhanced awareness of the impact of your own beliefs and values
- Understanding of the importance of self-management, self-awareness and confidence
- The importance of integrity and how actions & words influence others
- Awareness of cultures that foster resilience
- Understanding and building emotional intelligence
- Dealing with pressure and stress using well-being strategies including delegation
- Managing time more effectively embracing new techniques and tools

Course Content

- **Module 1:** Beliefs, prejudices and values
- **Module 2:** Resilience
- **Module 3:** Recognising when chronic stress becomes a problem
- **Module 4:** Wellbeing
- **Module 5:** Time Management