

Human Skills in Projects – 2 Continuation (HSK2)

Virtual (VCT) / Classroom (ILT): 16 hours
VCT: 4*4 hours during 4 days

(16 PDUs)

(Distributed as: 16 Power Skills PDU)

AFTER THE COURSE YOU WILL

- ❖ Know better your leadership style
- ❖ Have further developed your leadership skills – Considering Emotional Intelligence, Mindfulness, Project management, Negotiations, Team development, Leading Change and Building Trust.
- ❖ Have prepared an Individual Action plan

TARGET GROUP

- ❖ Project and Program managers
- ❖ Team leaders and Functional managers
- ❖ Any one working with groups or teams

PREREQUISITES

The course “Human Skills in projects” or similar skills are desirable.

TRAINING METHODS

- ❖ “Learning by doing”, thus optimizing your learning by combining the trainer’s input and feedback with your own experience and active participation.
- ❖ A great effort will be spent on personal reflections and debates.
- ❖ Video-recording will be used to help the participants to reflect and develop.
- ❖ You will experience a course with a high energy level and lots of fun.

The Human and Interpersonal skills are key to great Project Performance. This course is a continuation to the highly appreciated course;

“Human Skills in Projects”.

In this course the participants will continue to reflect on, and develop, their leadership and interpersonal skills with special focus on Emotional Intelligence, Mindfulness, Negotiation skills, Team development and Leading Change.

The course is highly practical – The participants will practice on applying what has been learned.

SUBJECTS

- ❖ Introduction – Agile Organizations and Keys to good Project Performance.
- ❖ “Human Skills in Projects 1” – Refresh
- ❖ Your personal profile using a test
- ❖ Emotional Intelligence – Self-awareness, Motivation, Social Skills, Self-regulation and Empathy
- ❖ Mindfulness
- ❖ Negotiation Skills – Continuation
- ❖ Communication – Continuation
- ❖ Decision Making
- ❖ Leadership using Coaching Skills
- ❖ Leading and developing Teams
 - ✓ Helping teams identify their strengths, weaknesses and differences, and how to benefit from them.
 - ✓ Assigning activities to teams – Based on needs and external factors.
 - ✓ Team feedback using Johari Window.
 - ✓ Team-building exercises
- ❖ Leading Change
- ❖ How to build Trust and Gain Respect
- ❖ Exercises, Debates and Action Plan

FOLLOW UP – OPTIONAL

Recommended: A 4-hour follow-up session can be performed after one month.

The purpose is to follow-up on the individual action plan and help the participants to apply what has been learned.