



## Managing Individual & Team Performance

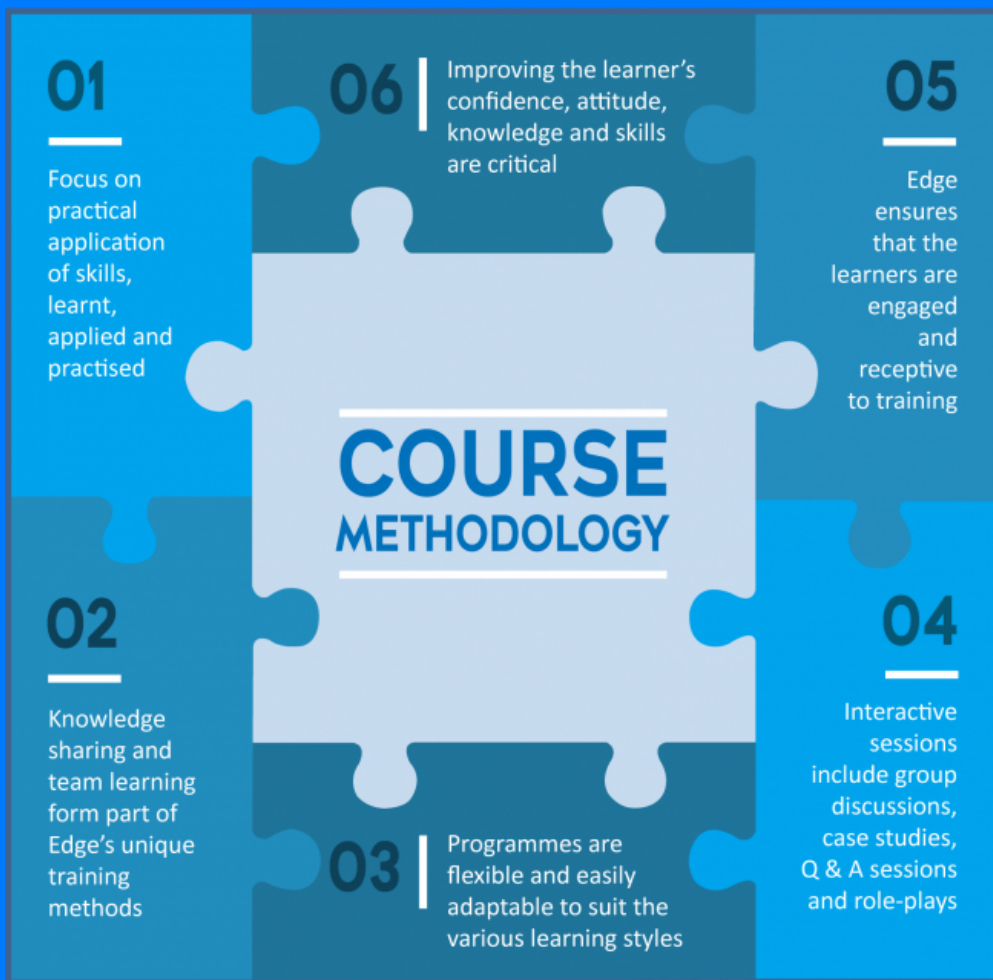
**NQF Level 4 Unit STD - 11473** *Accredited Short Course*

### Workshop Outline

- Identify the qualities of a successful leader and understand different leadership theories
- Understand leadership theories
- Capitalise on your strengths
- Complete the leadership balance wheel
- Analyse Emotional Intelligence and its effect on leadership
- Complete an emotional intelligence test
- Identify and understand your internal and external locus of control
- Apply the self-thought motivational cycle

### Objective

By the end of this course you will be able to identify examples of conflict within your workplace and have the ability to understand assertive, aggressive and passive behaviour, with an emphasis on measuring your own level of assertiveness. You will have a clear understanding of body language and its effect on conflict and we will give you practical steps that you can apply to any conflict situation to bring about a solution to the problem.



### About Edge Training

With an extensive track record spanning over 22 years in training, Edge Training boasts a Level 1 BBBEE Scorecard, a nationwide presence, and full accreditation with multiple SETAs. In collaboration with our BEE partners, we are wholeheartedly committed to addressing Skills Development Challenges within the BEE framework in a substantial manner. Whether you're in need of an Accredited Short Course, a comprehensive Soft Skills Workshop, or a Learnership programme, our team of highly skilled and dedicated professionals stands ready to provide tailored solutions. We handle all aspects of sourcing learners and managing the necessary requirements for disabled and unemployed Learnerships. Furthermore, the majority of our Learnerships and Workshops are conveniently available as online courses, making your learning accessible and flexible.

### Get in Touch