



# Manage your Time, Team and Tantrums

Managing time, people and behaviours

## Stop fighting fires and ignite inspiration

This practical and engaging course will introduce healthcare managers and business owners to effective time management skills and outline ways to become a successful leader.

Understanding personality traits and behaviours within a team dynamic will help any leader to create a happy and productive team that excels together.

## Course content

This course will give participants an in-depth understanding of how to manage their own role and responsibilities and how to successfully delegate tasks, manage projects and deal with negative behaviour and conflict.

Participants will discover how to prioritise, appraise and discipline in relation to tasks and people, as well as rewards and recognition.

- Develop skills to manage and lead teams
- Encourage teams to realise solutions, not problems
- Learn strategies that create more time and relieve bottlenecks
- Replace the endless to-do-list with exciting and compelling resolutions
- Handle challenging behaviours in an effective, non-confrontational way
- Discover techniques that set every day up to win
- Understand how to shift team cultures to one of possibility and positivity

## Who is this course designed for?

This management course is ideal for anyone in a managerial or supervisory role within healthcare, education, social care or any other industry that wants to improve their own time management and effectively manage teams.

## Course Duration

The Manage your Time, Team and Tantrums course is available as a single or three-day course. Please allow for a duration of eight hours each day, which includes lunch and breaks.



## Manage your Time, Team and Tantrums course (Cont'd)

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### Course Outcome

At the end of the course, participants will understand the principles of effective time management, team interaction and successful conflict handling.

Participants will be able to implement techniques immediately at ground level to reduce stress levels, improve productivity and enhance communication for everyone involved.

### Ways to Study

Organisations can book in-house training at an agreed venue or place of work as a single intensive learning day or a more in-depth three-day training course to deep dive into new skills, learning and process application.

The Manage your Time, Team and Tantrums course is also available online as a private event for organisations or through our regular open course dates that can be booked for management teams or individuals.

### Fees

One day course £950 + VAT and travel where applicable.

Three day course £2650 + VAT and travel where applicable.

### Why use Momentum People?

Momentum People's training courses introduce diverse coaching and training styles using a holistic approach to ensure personal sustainability as well as practical knowledge and upskilling.

Specialist behaviour, communication and business strategy disciplines blend with pharmaceutical expertise to ensure courses are engaging, fun and hands-on.

Join thousands of professional healthcare individuals, teams and leaders who have already benefited from learning with Momentum People.