Lumina Learning Behavioural Agility Programme

A Kfas programme run in partnership with Lumina Learning

KFAS — Kuwait Foundation for the Advancement of Sciences

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Overview

This Blended Learning Programme focuses on helping individuals to recognise how they can become more agile in their thinking and transfer this into their behaviour in the workplace to build rapport and co-create results with others.

The Programme will allow you to collaborate with peers, understand the theory and then practice before transferring learning back to the workplace. It will take you on a shared learning journey where you will not only gain valuable understanding from our experienced Lumina Learning facilitators but will also learn from and support your fellow Participants.

A blend of social online learning and virtual classrooms, each part of the Programme will be highly interactive, requiring active participation, sharing of insights, and the need for you to truly immerse yourself in the

Programme Objectives

The Objectives of the Programme are to help you recognise and appreciate how dynamic and conscious we can be in our thinking and our actions.

That whilst we may have innate or preferred ways of thinking, we are all more than capable of adjusting this to be more transformational and effective in our ways of working and the relationships we uphold with others.

The Blended Programme will be focused on self-discovery, self-appreciation and self-realisation. At the end of the programme, you will leave with a simple action plan to make small yet significant incremental changes to be more agile in your thinking and behaviour and of those around you.
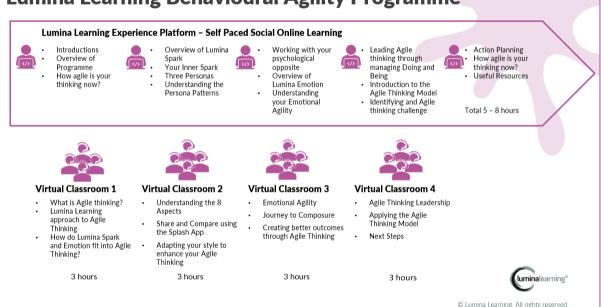
* Co-creating results by thinking more broadly
* Valuing the diversity of colleagues
* Enhancing self knowledge about our preferences, motivations and behaviour
* Strategies for building greater rapport with others
* Application across different contexts,- individuals, leaders, teams

Key learning outcomes

* Understand agile thinking and how it can benefit individuals and organisations
* Recognise and appreciate how our own personality preferences and subsequent behaviours support or hinder our effectiveness in thinking in a more agile way
* Understand the opportunities we have to use the space between stimulus and response to choose our actions and behaviours more consciously
* Learn new processes to support others whilst becoming more agile in their thinking and behaviour

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Lumina Learning Experience Platform – Self Paced Social Online Learning

* Introductions
* Overview of Programme
* How agile is your thinking now?

* Overview of Lumina Spark
* Your Inner Spark
* Three Personas
* Understanding the Persona Patterns

* Working with your psychological opposite
* Overview of Lumina Emotion
* Understanding your Emotional Agility

* Leading Agile thinking through managing Doing and Being
* Introduction to the Agile Thinking Model
* Identifying and Agile thinking challenge

* Action Planning
* How agile is your thinking now?
* Useful Resources

Total 5 – 8 hours

Virtual Classroom 1
* What is Agile thinking?
* Lumina Learning approach to Agile Thinking
* How do Lumina Spark and Emotion fit into Agile Thinking?

3 hours

Virtual Classroom 2
* Understanding the 8 Aspects
* Share and Compare using the Splash App
* Adapting your style to enhance your Agile Thinking

3 hours

Virtual Classroom 3
* Emotional Agility
* Journey to Composure
* Creating better outcomes through Agile Thinking

3 hours

Virtual Classroom 4
* Agile Thinking Leadership
* Applying the Agile Thinking Model
* Next Steps

3 hours

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Participant profile

This course is designed to be inclusive and relevant to individuals working across all levels and industry sectors.

There is no pre-requisite to attending, however it may be of particular relevance to those:

* Individuals who are keen to enhance their self-knowledge
* Individuals who lead and manage others
* Individuals who are looking to transform their organisational culture

Logistics

* **Dates: 29 November – 2 December 2020**
  Times: 9.30am – 12.30pm
* **Delivery: Online Virtual Training**
  A combination of facilitated virtual classrooms and online homework
* **Registration: Online via link below**
  https://oe.kfas.org.kw/Event?ID=163
* **Contact:**
  training@kfas.org.kw