

The Lumina Behavioural Agility Programme

The ability to consciously tune up and tone down, respond rather than react and enhance interpersonal excellence

A KFAS programme run in partnership with Lumina Learning



Overview

This three-day course 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 course will allow you to collaborate with peers, understand the theory and then practise 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 who are undertaking this similar experience.

Each day will be highly interactive, requiring active participation, sharing of insights, and the need for you to truly immerse yourself in the opportunities presented.

Programme Outline:

Day 1 will focus on breakdown down The Concept of Agile Thinking & Agile Thinkers
The morning will be spent introducing the concept of agile thinking, what it means, requires and the role we play within this. We will then explore our personal preferences and how these contribute to how agile we may or may not be.

Day 2 will then move us into thinking about how we can Create Better Outcomes Through Agile Thinking, specifically covering the importance of valuing diversity, building rapport and co-creating results for issues such as problem solving, strategising, influencing, managing change etc.

Day 3 we will move to Shifting Positions - Transforming Individuals and Teams to be more agile

This day will provide an opportunity to explore how we can shift our thinking to become more agile individuals, leaders and team players. We will practise techniques to support this personal transition and consider how we can nurture a culture of agility in our teams or organisations more broadly.

* Co-creating results by thinking more broadly

* Valuing the diversity of our colleagues

* Enhancing self-knowledge about our preferences, motivations and behaviour

* Strategies for building greater rapport with others

* Application across different contexts - individuals, leaders, whole teams

Objective

The core objective of the course is to help you recognise and appreciate how dynamic and conscious we can be in our thinking and our actions.

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 in the relationships we uphold with others

The three days 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 your behaviour and to encourage it in those that you connect with too.

Participant profile

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

* Individuals who are keen to enhance their self-knowledge

* Individuals who lead and manage others

* Individuals who are looking to transform their organisational culture

Key learning outcomes

* Recognize and appreciate how our own personality preferences and subsequent behaviours support or hinder our effectiveness in building rapport

* Understand the opportunities we have to be more dynamic

* Engage and work with strategies for behaving in a more responsive rather than reactive style

* Learn new processes to support others with also becoming more emotionally agile in their thinking and behaviour

Logistics

* Date: 24-26th November, 2020

* Location: Kuwait

* Online registration: <https://oe.kfas.org.kw/Default>

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