



SCANDINAVIAN ACADEMY
For Training and Development

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Course: Time Management and Personal Effectiveness

Code	City	Hotel	Start	End	Price	Language - Hours
564	Bangkok (Thailand)	Hotel Meeting Room	2025-06-30	2025-07-04	4950 €	En - 25

Introduction

Good time management lies at the heart not only of personal effectiveness but also of organisational success. Everybody needs to make the best of their own time and talent and those of the people around them if they, the team and organisation are to achieve their objectives and business goals. If you can't manage time, you can't manage anything.

This intensive and comprehensive programme provides participants with the opportunity to explore the fundamental principles of time management, take stock of their current working practices and determine action to enhance personal, team and organisational effectiveness.

Emphasis is placed not only on managing one's own time but also on helping other people to manage theirs. The programme also focuses on the skill sets of personal effectiveness - such as communication, effective business writing skills, efficient reading, managing information overload and proactive self-development.

Objectives

- To help participants manage time better (their own and other people's)
- To provide an opportunity for participants to explore the skills and principles of time-management and exchange ideas, tips and techniques
- To provide an opportunity for participants to take stock of their current working



- practices and decide on an action-based strategy to 'work smarter'
- To encourage participants to be proactive in their continuous professional development and to provide them with a range of tools to support their learning

Content

Day One : Dimensions of Time Management & Personal Effectiveness

- Programme introduction and objectives
- Action planning and enhancing personal and team effectiveness
- Making the most of office technology
- Chronistic intelligence
- Time-stealers and costs of poor time management
- Priority setting - rational and emotional approaches
- Ten principles of effective time management
- Handling and making requests
- Behavioural analysis and time management

Day Two : Personal Planning Systems/ Interruptions/Project Planning/Stress

- Getting the best from diaries and to-do lists
- Proactive planning to meet key responsibilities
- Developing time-based planning - daily, weekly, monthly plans etc
- Handling interruptions - developing a time sensitive culture
- Planning project-type work
- Principles of Critical Path Analysis and implications for priority setting
- Understanding stress
- Managing stress in self and others
- Dealing with change - taking and getting a positive response

Day Three : Getting the Best from Other People/Communication /Meeting Skills



- Delegation – giving and receiving
- Team-working and team building
- Improving communication and working relationships
- Assertiveness
- Effective and efficient meetings – ‘everybody’s a chairbody’

Day Four : Office Ergonomics/ Managing Information/ Efficient Reading & Writing

- Optimising the office environment
- Handling the paper-load and developing paperless systems
- Managing e-mails
- Improving the efficiency of management reporting
- Using and developing relational databases
- Business writing and the principles of ‘rapid composition’
- Rapid and efficient reading – digesting and retaining information
- Mind-mapping

Day Five : Developing Creativity/Continuous Improvement/ Self-Development

- Developing creativity in self and others
- How the brain works and creative thinking techniques
- Developing a culture of continuous improvement
- Implementing change initiatives
- Influencing skills – making a case and managing the ‘politics’
- Continuing professional development – a proactive approach
- Programme review and action plans



The Scandinavian Academy for Training and Development employs modern methods in training and skills development, enhancing the efficiency of human resource development. We follow these practices:

• **Theoretical Lectures:**

- We deliver knowledge through advanced presentations such as PowerPoint and visual materials, including videos and short films.

• **Scientific Assessment:**

- We evaluate trainees skills before and after the course to ensure their progress.

• **Brainstorming and Interaction:**

- We encourage active participation through brainstorming sessions and applying concepts through role play.

• **Practical Cases:**

- We provide practical cases that align with the scientific content and the participants specific needs.

• **Examinations:**

- Tests are conducted at the end of the program to assess knowledge retention.

• **Educational Materials:**

- We provide both printed and digital scientific and practical materials to participants.

• **Attendance and Final Result Reports:**

- We prepare detailed attendance reports for participants and offer a comprehensive program evaluation.

• **Professionals and Experts:**

- The programs scientific content is prepared by the best professors and trainers in various fields.

• **Professional Completion Certificate:**

- Participants receive a professional completion certificate issued by the Scandinavian Academy for Training and Development in the Kingdom of Sweden, with the option for international authentication.

• **Program Timings:**

- Training programs are held from 10:00 AM to 2:00 PM and include coffee break sessions during lectures.