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For Training and Development

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Course: PLC & SCADA Systems and Leadership Skills

| Code | City | hotel | Start | End | price | Hours |
|------|---------------------|--------------------|------------|------------|--------|-------|
| 542 | Manama (Bahrain) | Hotel Meeting Room | 2025-03-02 | 2025-03-13 | 4950 € | 50 |

Introduction

We believe that leaders are more “made” than “born.” Current leadership research indicates that there are few genetic characteristics that influence one’s ability to become a leader. Our role in the program is not to teach one how to become a leader, but to help one learn how to become a more effective leader. From our perspective, leadership is a life-long journey. This course can help you acquire the knowledge, skills, feedback, and opportunities necessary for personal growth.

The program focuses on individual development and is based on the belief that individuals can expand their leadership capacities; they can learn, grow, and change.

The format for the program includes discussion, readings, group activities, and pairing with a mentor. This program is intended to provide advanced engineering aspects of Programmable Logic Controllers (PLC). Emphasis shall be laid on topics relevant to Programmable Logic Controllers programming and troubleshooting.

Operation, characteristics and selection of Programmable Logic Controllers will be studied. Also, features and applications of SCADA systems will be explored. SCADA systems architecture, their interface to the process hardware will be demonstrated. Extensive practical examples will be examined using PLC system.

Objectives

- Inspire and motivate participants to further develop their leadership skills.
- Encourage to take the initiative to use their passion to take action.



- Encourage participants to approach the different styles of leadership with thought and action.
- Identifying the sources of stresses, its signs, causes and effects and handles it.
- Discussing the different ways for motivating employees.
- Learning how to respond to pressure in the workplace.
- Learning how to manage stress.
- Features of various types of Programmable Logic Controllers
- Programmable Logic Controllers selection for varies applications
- Programmable Logic Controllers programming
- Programmable Logic Controllers interface
- Programmable Logic Controllers troubleshooting
- Testing and operating problems
- Features and applications of SCADA systems
- SCADA systems architecture and interface

Who should attend

This program is targeted to Senior Technicians and Engineers (mechanical and electrical) working in Operation, programming and Maintenance of Programmable Logic Controllers and SCADA systems Effective Leadership, Motivating People and Stress Management for Excellent Business Operation Program is for all leaders, managers and employees who have potentials to get promoted in all careers in both private or governmental organizations, or local or multinational enterprises

Daily Outlines

Day 1:

- Background and leadership theories.
- Leaders vs. Managers.
- Leadership styles.



- Leadership competency model.
- Exercises.

Day 2:

- Developing leadership effectiveness.
- Lesson from leaders.
- Your Leadership Style & Strengths
- Using power and influence to get things done
- Leadership communication strategies
- Exercises

Day 3:

What is motivation?

- Theories of motivation.
- Motivation from concept to application.
- How to motivate subordinate.
- Exercises

Day 4:

What is Stress?

- The Effect of Stress on Physical Health and Well-being
- How much Stress is too much Stress?
- Where does Stress Come from?
- What are the Common Signs of Stress?
- What Type of People are more Prone to Stress?
- What can Management do to Minimize Stress at Work?



- Myths Associated with Stress
- How Stress Kills

How Can we Manage Stress Better?

- Become aware of your stressors, and your emotional and physical reactions to them
- Recognize what you can change
- Reduce your emotional reactions to stress
- Learn to moderate your physical reactions to stress
- Build your physical reserves
- Develop healthy eating habits- Reduce Stress-Promoting Foods : Increase Foods that Improve Wellness
- Maintain your emotional reserves

Day 5:

- Other Strategies for Managing Stress
- Time Management
- Communicating Effectively
- Relaxation
- Breathing Exercises
- Guided relaxation and visualization techniques
- Progressive muscle relaxation
- Immediate stress reduction
- Meditation
- Relaxation therapy
- Problem solving- Types of problems
- Getting Inner Balance
- Modify your behavior
- Handle your anger
- Learn to say “No”



Day 6:

- Introduction to Programmable Logic Controllers.
- Programmable Logic Controllers Design,
- Programmable Logic Controllers structure
- Programmable Logic Controllers Operation
- Programmable Logic Controllers Selection

Day 7:

- Programmable Logic Controllers Interfacing
- Interfacing Digital Devices.
- Interfacing Analog Devices.
- Programmable Logic Controllers Programming
- Ladder programming

Day 8:

- Application examples
- Start/Stop Motor.
- Motor Speed Control.
- ON/OFF Temperature Control.
- Programmable Logic Controllers Industry application
- Programmable Logic Controllers Simulation Program
- Programmable Logic Controllers systems maintenance
- Programmable Logic Controllers troubleshooting

Day 9:

- SCADA System Project Planning
- SCADA Definitions
- Communication Systems



- Communication System Components
- Protocols
- Modems
- Synchronous and Asynchronous
- Consumer Information Service (CIS)
- Geographical Information System (GIS)
- System Openness - Use of Industrial Standards
- Applicable Processes
- Elements of a SCADA System
- Remote Control
- Safety Instrumented Systems
- Regulatory Requirements

Day 10:

- Radio
- Simplex and Duplex Systems
- Radio Frequencies
- Path Studies and Seasonal Variations
- Solar Variations
- Reliability and Maintenance
- Satellite Communications
- Operator Interface
- Security Considerations
- Alarming
- Control Change Screens
- Status Screens
- Graphics and Trending
- Reports
- Parallel Operator Interface



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.