



SS249: Engaged, Committed & Realizing Your Potential

Training Description:

The Engaged, Committed & Realizing Your Potential training course is designed to help participants unlock their personal and professional potential by building engagement, focus and commitment in the workplace. This course provides practical strategies and self-development tools to enhance motivation, productivity and performance while fostering a positive mindset and resilience.

In this intensive training course, participants will learn how to identify their strengths, overcome limiting beliefs, set meaningful goals and maintain high levels of engagement. The training course emphasizes personal accountability, emotional intelligence and practical strategies to achieve both individual and organizational objectives.

By the end of the training course, participants will be able to maximize their potential, maintain motivation under pressure, make impactful decisions and contribute effectively to team and organizational success. The course strengthens self-awareness, confidence, leadership potential and overall effectiveness in the workplace.

Training Objectives:

By the end of the training, participants will be able to:

- ✓ Understand the factors that drive personal and professional engagement
- ✓ Identify individual strengths and areas for growth
- ✓ Overcome limiting beliefs and self-doubt
- ✓ Develop strategies to stay motivated and committed
- ✓ Set clear, actionable personal and professional goals
- ✓ Enhance emotional intelligence and self-awareness
- ✓ Improve focus, time management and productivity
- ✓ Build resilience and handle challenges effectively
- ✓ Communicate confidently and influence others positively
- ✓ Apply practical tools to realize potential and achieve high performance

Training Designed for:

This training course is intended for employees, team leaders, managers and professionals seeking to enhance engagement, commitment and personal effectiveness. It is also suitable for HR personnel, organizational development specialists and coaches aiming to support employee growth and high performance. Organizations aiming to boost productivity, employee satisfaction and talent development will benefit from enrolling staff in this course.

Training Requirement:

"Hands on practical sessions, equipment and software will be applied during the course if required and as per the client's request."

Contents can be adapted to your specific wishes. It is therefore possible to focus on specific modules of the training course as per client's learning needs and objectives. Further, it should be forwarded to us a month prior to the course dates.

Training Program:

SELF-AWARENESS AND PERSONAL STRENGTHS

❖ Laying the Foundation for Potential

- Understanding personal strengths and values
- Self-assessment tools for identifying potential
- Recognizing limiting beliefs and behavioral patterns
- Emotional intelligence fundamentals
- Building self-confidence and self-efficacy
- Workshop: Personal strengths mapping and reflection exercise
- Case Study: Identifying untapped potential in workplace scenarios

GOAL SETTING AND PERFORMANCE STRATEGIES

❖ Turning Potential into Action

- Setting SMART and stretch goals
- Planning, prioritization and time management techniques
- Overcoming procrastination and distractions
- Tracking progress and measuring success
- Continuous self-improvement strategies
- Workshop: Creating a personal and professional development roadmap
- Case Study: Turning goals into measurable outcomes

GOAL SETTING AND PERFORMANCE STRATEGIES

❖ Evaluating Structural and Protective Safeguards

- Types of building construction and fire resistance ratings
- Compartmentation and passive fire protection
- Active protection systems including sprinklers, alarms and detection systems
- Water supply systems, hydrants and emergency response planning
- Maintenance and reliability of protection systems
- Regulatory standards and compliance considerations
- Case study: Assessing protection adequacy for underwriting

RESILIENCE, ADAPTABILITY AND EMOTIONAL INTELLIGENCE

❖ Handling Challenges and Maximizing Performance

- Developing resilience in high-pressure environments
- Adaptability and flexibility in dynamic workplaces
- Managing stress, emotions and workplace conflicts
- Building supportive networks and accountability partners
- Leveraging emotional intelligence for influence and leadership
- Workshop: Stress management and resilience exercises
- Case Study: Applying emotional intelligence to real workplace challenges

REALIZING POTENTIAL AND SUSTAINABLE GROWTH

❖ Embedding Practices for Long-Term Success

- Sustaining motivation and engagement over time
- Personal branding and career development strategies

- Continuous learning and lifelong growth mindset
- Overcoming obstacles and maintaining commitment
- Integrating lessons into daily work and life
- Workshop: Designing a personal action plan to realize potential
- Case Study: Successful implementation of personal growth strategies
- ❖ Course Conclusion
- ❖ POST-ASSESSMENT and EVALUATION

Training Methodology:

This interactive training course includes the following training methodologies as a percentage of the total tuition hours:

- 30% Lectures, Concepts, Role Play
- 70% Workshops & Work Presentations, Techniques, Based on Case Studies & Practical Exercises, Gamification, Software & General Discussions
- Pre and Post Test

Training Certificate(s):

CMCT Internationally recognized certificate(s) will be issued to each participant who completed the course.

Training Fees:

TBA as per the course location - This rate includes participant's manual, hand-outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Note: The 5% VAT (Value Added Tax), will be effective starting 01st of January 2018 as per the new regulation from the UAE Government. The VAT applies for all quotation both for local and abroad.

Training Timings:

Daily Timings:

07:45 - 08:00	Morning Coffee / Tea
08:00 - 10:00	First Session
10:00 - 10:20	Recess (Coffee/Tea/Snacks)
10:20 - 12:20	Second Session
12:20 - 13:00	Recess (Prayer Break & Lunch)
13:00 - 14:00	Last Session

For training registrations or in-house enquiries, please contact:

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