

SELF AND SOCIAL COMPETENCE FOR ENGINEERS

Descrição do Curso

The Self and Social Competence course provides theoretical background and hands-on practical exercises across various “soft skills” topics that are pertinent to working in teams, especially tailored to the context of Engineers.

We all know technical ability is essential to every system engineer, but soft skills are just as valuable if you want to become an asset in the workplace. They are the characteristics imperative to building successful relationships and the attributes which empower you to make decisions and give you the confidence to manage yourself and inspire others.

Soft skills encompass a vast range of skills from communication, innovation, conflict resolution, adaptability, collaboration and motivation - all of which are vital in negotiating the dynamic engineering landscape. Yet, these are often overlooked in favour of technical learning, leaving many with a void of skills, and the opportunity to boost work practices.

Teams are complex systems, and so they must be managed as such.

Over two full days, we will cover the following areas:

- Self-management, self-competence and social competence.

- Understanding how our mental models and cognitive biases affect our actions.

• Refining and improving your communication style.

- How to have more successful interactions at work (and at home).

- Addressing conflicts and assessing ways to best resolve them.

- Identifying our individual stress coping techniques and discovering concrete ways to improve our energy balance in the long-term.

Objetivos

Upon completion of the programme, participants will:

- gain awareness of their own mental models and cognitive biases

- be able to identify certain communication patterns in themselves and others, and thus be empowered to respond constructively.

- be confident in managing conflicts and in a productive manner.

- have developed conscious awareness of their own stress coping strategies, and the tools and techniques to navigate them for improved communication and overall wellbeing.

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Research and Development Engineers, Project Managers, Team Leaders and Individuals who:

- are interested in more constructive social interactions

- are looking to improve their stakeholder management skills

- are looking to enhance their team's spirit and engagement

Tarifas dos Cursos

Early Bird: 1,350 CHF | Regular: 1,500 CHF

Duração

2 dias

Instrutor



Sandra Roth

Sandra is a leadership, team and change management coach with a decade of experience in R&D as a usability engineering expert, user experience leader and SW development department head in a global medical device manufacturer.

Sandra has a M.Sc. in Psychology, a Ph.D. in Human Computer Interaction and holds several coaching degrees.