

Improving Self Awareness

Duration: 8.00 hours (1 days)

6.5 CPD Hours

Rating: ★ 4.6 (5,878 reviews)

Course Information

Delivery Format: Instructor Led - Online

Course Overview

In this course, participants will learn how beneficial becoming more self-aware can be and see how a highly self-aware person becomes more equipped to deal with daily life and its challenges.

About This Course

In this course, participants will learn how beneficial becoming more self-aware can be and see how a highly self-aware person becomes more equipped to deal with daily life and its challenges.

Who Should Attend

This course is intended for anyone engaged with teams or looking to live a more fulfilling life.

Learning Outcomes

Upon successful completion of this course, participants will be able to:

Upon successful completion of this course, participants will gain a new perspective on themselves and their emotions, and increase their value to society.

Additional Course Details

Nexus Humans Improving Self Awareness training program is a workshop that presents an invigorating mix of sessions, lessons, and masterclasses meticulously crafted to propel your learning expedition forward.

This immersive bootcamp-style experience boasts interactive lectures, hands-on labs, and collaborative hackathons, all strategically designed to fortify fundamental concepts.

Guided by seasoned coaches, each session offers priceless insights and practical skills crucial for honing your expertise. Whether you're stepping into the realm of professional skills or a seasoned professional, this comprehensive course ensures you're equipped with the knowledge and prowess necessary for success.

While we feel this is the best course for the Improving Self Awareness course and one of our Top 10 we encourage you to read the course outline to make sure it is the right content for you.

Additionally, private sessions, closed classes or dedicated events are available both live online and at our training centres in Dublin and London, as well as at your offices anywhere in the UK, Ireland or across EMEA.

Frequently Asked Questions

Q: What delivery options are available for Improving Self Awareness?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
 - Traditional Instructor-Led Classroom Training (ILT)
 - On-site delivery at your offices anywhere in United Kingdom
 - Private dedicated courses customized for your team
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Q: How many CPD hours does this course provide?

The 1-day Improving Self Awareness course provides up to 6.5 CPD hours of structured learning. CPD certificates can be provided upon request.

Q: What is the duration of the Improving Self Awareness training?

The training takes place over 1 day(s), with each day lasting approximately 8.00 hours including breaks for lunch and refreshments.

Q: Do you provide corporate training for Improving Self Awareness?

Yes, we provide corporate training, dedicated training, and closed classes for Improving Self Awareness. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

Q: Why choose Nexus Human for Improving Self Awareness?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Improving Self Awareness training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

Nexus Human

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