



PROJECT & PERFORMANCE MANAGEMENT



Building cohesive teams that work efficiently towards shared goals. Focuses on trust, communication, and collaboration to enhance team synergy and productivity.

Learning Interventions Offered

1. Project Management Basics
2. Developing Optimal Motivation - Self & Others

1. Project Management Basics

Overview - The Project Management Basics program is designed to introduce participants to the foundational principles of project management. The program covers key concepts, including the project management lifecycle and the essential phases of a project. Participants will develop critical skills in project planning, resource management, and executing projects within time, scope, and budget constraints. Additionally, the program strengthens communication and stakeholder management skills, which are vital for successful project delivery. Participants will gain hands-on experience by applying project management tools, techniques, and best practices, and will have opportunities to implement their learning through practical, real-world project scenarios.

2. Developing Optimal Motivation - Self & Others

Overview - The Developing Optimal Motivation – Self & Others program is designed to enhance participants' understanding of motivation and provide practical tools for motivating themselves and their teams. It covers both intrinsic and extrinsic motivation, offering insights into how these forces impact behavior and performance. The program focuses on personalized motivation strategies, goal setting, overcoming barriers, and building resilience to maintain motivation over time. Participants will also learn how to foster a motivational leadership style and create environments that sustain long-term motivation, driving higher performance and engagement in personal and professional settings.