

## Using Psychological Perspectives to Understand and Manage Professional Relationships



UNIVERSITY OF LEEDS

### Part of the Leading and Managing in the new Academic Environment suite of workshops

This suite of 14 short leadership and management development workshops is primarily for both academic and professional staff who already have some leadership and management responsibilities - for example in leading a team, a research area or a programme.

**Tutors:** Marcus Hill / Nicola Neath

#### Overall aim of course:

This workshop has been designed to provide an impetus to create a new momentum for change amongst leaders. It is designed to help them understand the need to analyse/select behaviours at work and how this may be accomplished.

#### Intended outcomes and benefits from attending:

Understand how an understanding of psychological models can help illustrate how leader's behaviour can be best modified to achieve successful outcomes at work

Understand transactional analysis and other models and how they can help to clarify common leadership situations and create positive actions for change,

#### Indicative content - what the session will cover:

- Transactional analysis
- OK Corral
- Drama and Compassion Triangles
- Managing relationships with staff at work
- Overcoming conflict
- Being self aware
- Ongoing development of strategies to manage staff effectively.

**Pre-work:** Participants will be asked to use the techniques discussed during the first workshop and then be prepared to share their experiences on workshop no. 2 which takes place 3 weeks later.

**Learning and teaching methods:** An interactive workshop. The small group size allows for ongoing discussion of the main themes and related themes which are most valuable to the participants.

**Suitability:** The course is aimed at all leaders and managers. If the course is full please register your interest by e-mailing [leadership@leeds.ac.uk](mailto:leadership@leeds.ac.uk)

#### Dates:

Monday, November 25, 2019, 13:30 to 16:30 **and** Thursday, December 05, 2019, 09:30 to 12:30

or

Tuesday, May 05, 2020, 09:30 to 12:30 **and** Wednesday, May 20, 2020, 09:30 to 12:30

**Max Places:** 16

**Pre-requisites:** None

**Tutor:** Marcus Hill is a Senior Staff Development Advisor at the University of Leeds.

Nicola Neath is a University of Leeds Staff Counsellor and also an MBACP Accredited Psychotherapist.

**Related courses - Personal resilience suite of 14 workshops;**

- Values and Direction - knowing what matters personally and professionally
- Working with Stress and Emotion
- Mindfulness and attention skills to steady and focus your mind
- Understanding grief loss and setbacks in everyday life
- Switching off - relaxation and sleep
- Working with our minds - multitasking and managing electronic devices and social media
- Active approaches to worry, meeting things head on
- Working with change and uncertainty
- Understanding and managing panic and anxiety
- Knowing your head and heart for effective decision making
- Developing assertiveness and working with confidence
- Working with habitual thinking patterns - thoughts are not facts
- Positive skills for wellbeing at work
- Exploring neurodiversity – differences in perception, processing and organising information