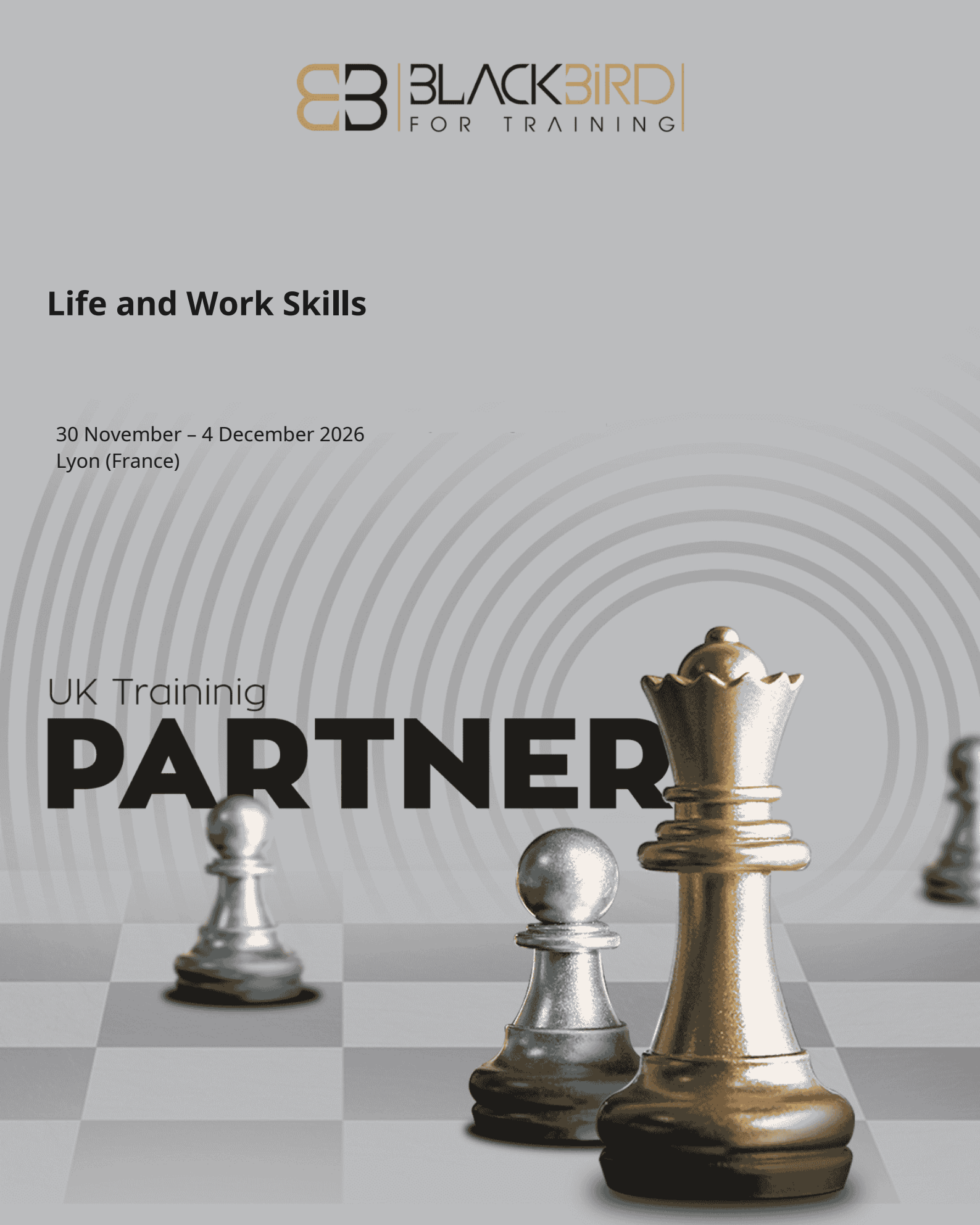
BLACKBIRD FOR TRAINING

Life and Work Skills

30 November – 4 December 2026
Lyon (France)



Life and Work Skills

Ref: 3254887_324918 **Date:** 30 November – 4 December 2026 **Location:** Lyon (France) **Fees:** 5200 GBP

Introduction

In a fast-paced world, acquiring life and work skills has become indispensable for all employees and leaders across various sectors.
Whether you're an executive, a team leader, or an employee eager to boost your capabilities, having a balanced mix of life and work skills is a cornerstone for achieving success in both your career and daily life.
This course is specifically designed to meet your needs as a professional in the Middle East and North Africa, focusing on developing essential and specialized skills to help you address the increasing challenges of the modern workplace.
You'll learn about the latest trends and innovative practices, gaining practical solutions that can be directly applied to your professional environment.
Whether you're seeking an accredited professional certificate or aiming to enhance organizational performance, this course will meet your ambitions and improve your adaptability to the demands of the modern world.

Course Objectives

- Understand the fundamental concepts of life and work skills.
- Develop effective communication and collaboration skills with diverse teams.
- Improve time and resource management for both personal and professional contexts.
- Apply innovative tools to achieve a healthy work-life balance.
- Analyze real-life scenarios to identify strengths and opportunities for growth.
- Build flexible strategies to manage work pressures and life challenges.
- Enhance critical thinking and decision-making capabilities.
- Improve the ability to lead change and foster a positive work environment.

Course Outlines

Day 1: Introduction to Life and Work Skills

- Comprehensive definition of life and work skills and their importance in the modern workplace.
- Exploring the key factors that influence the development of core skills.
- Discussing common challenges in achieving a healthy work-life balance.
- Examining the impact of organizational culture on skill development.
- Diagnostic exercises to assess your current skills and identify growth areas.
- Reviewing real-world examples from various sectors.



Day 2: Effective Communication and Collaboration

- Enhancing verbal and written communication in professional contexts.
- Strategies to build trust and foster collaboration across departments and teams.
- Overcoming cultural and language barriers in the workplace.
- Practical exercises to improve negotiation and conflict resolution skills.
- Applying techniques for managing meetings and challenging conversations.
- Analyzing case studies to apply communication and collaboration skills practically.

Day 3: Time Management and Personal Balance

- Exploring time management techniques and setting priorities.
- Strategies for handling multitasking and delegating responsibilities.
- Using digital tools like calendars and smart apps for better organization.
- Developing strategies for achieving work-life balance.
- Practical exercises to implement time management and goal-setting techniques.
- Discussing time management challenges in dynamic work environments.

Day 4: Critical Thinking and Problem-Solving

- Defining critical thinking and its role in performance improvement.
- Models and practical approaches to creative problem-solving.
- Utilizing design thinking tools to address workplace challenges.
- Analytical exercises to assess complex problems and make informed decisions.
- Reviewing real-world examples to reinforce practical understanding.
- Discussing how critical thinking contributes to a positive work environment.

Day 5: Building a Comprehensive Development Plan

- A complete review of the life and work skills covered throughout the course.
- Analyzing individual and organizational challenges in skill development.
- Designing a personal action plan for immediate implementation.
- Exploring tools for continuous follow-up and evaluation.
- Discussing potential obstacles when applying new skills and how to overcome them.
- Introducing methods to measure progress and achieve continuous improvement.



Why Attend This Course: Wins & Losses!

- Gain a well-rounded mix of essential life and work skills.
- Develop leadership and collaboration skills that are immediately applicable.
- Build greater confidence in communicating with colleagues and teams.
- Improve your ability to manage time and handle workplace pressures.
- Enhance your analytical and decision-making skills in challenging situations.
- Benefit from case studies and practical experiences from multiple sectors.
- Network and connect with professionals from diverse industries.
- Achieve better balance between personal and professional demands.

Conclusion

Life and work skills are essential elements for developing yourself and your organization in a constantly evolving work environment.Through this course, you'll gain the tools and skills you need to confidently and effectively tackle work and life challenges.

You'll learn how to translate these skills into practical outcomes, contributing to both personal excellence and organizational success.Use this program to create a personal and professional development path that aligns with your needs and aspirations, so you're always ready to face future challenges with confidence and success.

