

Professional & Personal Development Courses Overview

Accelerate Essential Skills

The Accelerate Essential Skills stream runs the entire length of the Executive MBA program, focusing on individual and team effectiveness and physical, mental and emotional energy management. Like in business, much of the success and learning in the Executive MBA is dependent on working with others. This stream is designed to further individual learning and skill development while supporting other classes. The Accelerate stream is comprised of several components some of which are required, as they support other classes, and some of which are optional. Collectively, the offerings provide opportunities to develop self-awareness, understand personal motivation, clarify personal goals, understand the impact of emotions on you and others and take actions to be more effective individually and in teams. In addition, sessions focused on exercise, nutrition and sleep underline how the body is business relevant.

You will have the opportunity to have four individual coaching sessions over the course of the Executive MBA program. The first coaching sessions will be scheduled during the first month of the Executive MBA to help you set individual learning goals.

Your learning outcomes:

- Appreciate individuals in a team, recognise team members' preferences on how they like to work together and identify what others contribute;
- Identify how the team works and understand how to intervene to achieve higher performance;
- Give and receive high quality feedback to increase one's own performance and that of others;
- Identify individual strengths and development opportunities for working in teams;
- Capitalise on learnings to envision and plan the future, to meet individual goals;
- Incorporate simple, effective methods of maximizing physical energy through exercise, nutrition and sleep
- Understand and manage your emotional energy and how to impact that of others.

Marketing Yourself

Advancing your career after your Executive MBA can be a difficult and ungrateful task. If you aim for a better or a different position in your current company, you have to convince your management of the added value of your degree to the company. If you want to change, competition for good jobs is often ferocious.

The lecture will focus on understanding your strengths, values and determine more clearly your professional vocation.

Your learning outcomes:

- Determine their values and strengths and, as a result, decide on a clear career direction;
- Write a personal marketing plan, defining objectives and using the 4 Ps;
- Apply key basics of graphic design to create an attractive CV that sells;
- Move forward and ahead professionally.

Mindfulness-based Intervention (MBI)

This component is part of the Accelerate Essential Skills program and will provide a comprehensive overview of the purpose and practice of Mindfulness. The overview will include science-based evidence, short case studies from companies that are already using Mindfulness and first-hand experience through guided meditations.

The Mindfulness program will be offered in two stages. The first stage will start with an introduction to the purpose and practice of Mindfulness. Then, you will participate in a guest lecture presenting the effects of Mindfulness in real-life business situations.

Your learning outcomes:

- Understand the core practices of mindfulness and get familiarised with the philosophy, the techniques and the ethical considerations of mindfulness in order to increase your overall quality of life;
- Study your own minds with curiosity and non-judgment and explore the connection between mind and body. This is likely to bring additional awareness to different aspects of your life and increase your quality of life.