

# Self Development using Al: Mastering Time Management and Work-Life

20 - 24 May 2024 Paris





### Self Development using AI: Mastering Time **Management and Work-Life**

Ref.: 36055 248386 Date: 20 - 24 May 2024 Location: Paris Fees: 4800 Euro

#### Using Artificial Intelligence to Achieve Personal Growth And Self-**Development**

#### **Overview:**

Our training course, 'Using Artificial Intelligence to Achieve Personal Growth And Self-Development', will guide you through the concepts of analytical thinking and critical thinking, and how these relate to problem-solving in the digital era. This Al course, unlike other artificial intelligence courses, focuses on leveraging AI for personal growth and self-development. It will help attendees sharpen their problem-solving and critical thinking skills, manage stress, achieve work-life balance, and improve time management. We also guide you on creating a personal growth plan to reach financial independence through strategic investment, demonstrating the power of AI in accelerating your learning curve and acquiring new skills. In essence, our course is the ultimate self-improvement course designed for the age of AI.

#### **Target Audience:**

- Managers
- Executives
- Business Analysts
- Data Scientists
- Individuals seeking to leverage AI for self-improvement and personal growth
- Individuals on their journey towards financial freedom and stress management

#### **Targeted Organizational Departments:**

- Strategy
- IT
- HR
- R&D
- Business Development

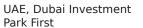
#### **Targeted Industries:**

- Tech
- Finance
- Consulting
- Education
- HR
- Any industry focused on digital transformation

#### **Course Offerings:**

By the end of the course, attendees will be able to:











- Apply AI for self-development and self-improvement
- Manage time effectively
- · Balance work-life
- Handle stress
- Formulate a personal growth plan
- Understand the nuances of analytical thinking vs critical thinking
- Leverage AI for efficient problem-solving and decision-making

#### **Training Methodology:**

The course employs an interactive and hands-on approach. Participants will be guided through the practical application of Al in self-development courses, time management, managing stress, and work-life balance. The course involves case studies, group work, discussions, and reflection sessions to solidify learning. Each topic, whether it's financial freedom or the learning curve, is explored indepth with real-world examples and Al applications.

#### **Course Toolbox:**

Participants will have access to:

- A digital workbook
- · Al software tools
- Reading materials
- · Online resources
- Self-assessment checklists
- Personal growth plan templates
- Various other resources that facilitate learning new skills through the application of Al

#### **Course Agenda:**

#### Day 1: Understanding AI and Its Role in Personal Growth

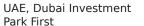
- Topic 1: Introduction to AI and its Role in Self Development Courses
- Topic 2: Analytical Thinking vs Critical Thinking in the AI context
- Topic 3: Al and Problem-Solving
- Reflection & Review: Reflecting on the Role of AI in Personal Growth

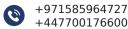
#### Day 2: Applying AI for Self Development and Improvement

- Topic 1: Al in Time Management
- Topic 2: Using AI for Stress Management
- Topic 3: Al and Work-Life Balance
- Reflection & Review: Understanding the Application of AI in Self Improvement

#### **Day 3: Al in Personal Growth Planning**











- Topic 1: Creating a Personal Growth Plan with Al
- Topic 2: Al and Financial Freedom
- Topic 3: Al in Investments for Financial Independence
- Reflection & Review: Reflecting on Al's Role in FinancialPlanning

#### Day 4: Using AI for Skill Development

- Topic 1: Using AI for Learning New Skills
- Topic 2: Al and the Personal Learning Curve
- Topic 3: Understanding the Al Learning Curve
- Reflection & Review: Understanding How Al Can Accelerate Skill Development

#### **Day 5: Reflection and Forward Planning**

- Topic 1: Review of Al Applications in Personal Growth
- Topic 2: Planning Your Personal Growth Journey with Al
- Topic 3: Open Forum AI Challenges and Solutions
- Reflection & Review: Reflecting on the Role of Al in Personal Growth and Future Planning

#### **How This Course is Different from Other:**

This course is unique as it brings together AI and personal growth into a seamless learning experience. It emphasizes the practical application of AI in personal growth planning, self-improvement, time management, and work-life balance. It doesn't stop at analytical thinking or problem-solving like other AI courses. Instead, it addresses real-life challenges like managing stress, financial freedom, and the personal learning curve, making it stand out from other self-development courses.



# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

# **OUR VISION**

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

# **OUR MISSION**

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.





#### **CONTACT US**









We understand that training delivery can be challenging, both online and offline. To ensure engagement and achieve learning objectives, we have developed our own activities and collaborated with industry-leading solutions to gamify our training sessions. This approach increases interaction levels and guarantees effective learning outcomes.



We cover a wide range of training categories to cater to different needs and interests

Branding, Marketing, Customer Relations, & Sales Programs Finance and Accounting Programs Human Resources Management Programs Management & Leadership Programs Political & Public Relations Programs Project Management Programs Quality & Process Management Self-Development Programs

Join Agile Leaders today and embark on a transformative journey towards becoming a more agile and effective leader. Experience our customer-centric approach, actionable training, and guaranteed return on investment. Let us help you unleash your full potential in the dynamic business landscape.

