



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

30 Dec 2025 - 03 Jan 2026  
Barcelona



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

**Ref.:** 36055\_4628 **Date:** 30 Dec 2025 - 03 Jan 2026 **Location:** Barcelona **Fees:** 5700 **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 AI 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 AI 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 in-depth with real-world examples and AI applications.

## Course Toolbox:

Participants will have access to:

- A digital workbook
- AI 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 AI

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

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

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

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

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



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

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

# Training Course Categories



**Finance and  
Accounting Training  
Courses**



**Agile PM and Project  
Management Training  
Courses**



**Certified Courses By  
International Bodies**



**Communication and  
Public Relations  
Training Courses**



**Data Analytics Training  
and Data Science  
Courses**



**Environment &  
Sustainability Training  
Courses**



**Governance, Risk and  
Compliance Training  
Courses**



**Human Resources  
Training and  
Development Courses**



**IT Security Training & IT  
Training Courses**



**Leadership and  
Management Training  
Courses**



**Legal Training,  
Procurement and  
Contracting Courses**



**Maintenance Training  
and Engineering  
Training Courses**



# Training Course Categories



**Marketing, Customer Relations, and Sales Courses**



**Occupational Health, Safety and Security Training Courses**



**Oil & Gas Training and Other Technical Courses**



**Personal & Self-Development Training Courses**



**Quality and Operations Management Training Courses**



**Secretarial and Administration Training Courses**





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## Training Cities



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**Cairo - Egypt**



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## Training Cities



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**London - UK**



**Madrid - Spain**



**Manama - Bahrain**



**Milan - Italy**



**Montreux - Switzerland**



**Munich - Germany**



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## Training Cities



**Sharm El-Sheikh -  
Egypt**



**Tbilisi - Georgia**



**Tokyo - Japan**



**Trabzon - Turkey**



**Vienna - Austria**



**Zanzibar - Tanzania**



**Zoom - Online  
Training**

# 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.



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