

MANAGING YOURSELF AND OTHERS: INFLUENCING AND WELL-BEING FOR INTERNAL AUDITORS

This one-day webinar will give an updated look at how to maintain wellbeing and manage yourself and others in these challenging times:

- understanding what happens to yourself and other people in challenging times
- fundamentals of well-being and how to find it when you are so busy
- see how other pressures/priorities and budget constraints can affect your ability to get things done and finding ways to get your concerns “on the radar screen”
- practical strategies to diffuse conflicts before they become damaging to you or your IA team.

Who should attend?

Experienced auditors, audit managers and heads of internal audit

Course programme

- understanding why COVID-19 is making things so challenging for organisations and individuals and how this changes morale, culture and behaviour
- understanding influencing without authority essentials
- understanding psychological fundamentals, self-justification, confirmation bias, group dynamics, managing upwards with authority
- seeing how perspective matters
- understanding well-being essentials – checking your stress levels
- understanding your own influencing preferences and how these will/won't help in the current environment – thinking about changes you could make
- avoid solutions by formula, how to “read” realities and adapt your proposed solutions using the LIM approach
- be able to see organisational realities and office politics in a constructive light
- have a clear action plan for your return back at work.

CPE competency areas covered

- Personal skills
- Critical thinking

7 CPE points