

MOVING AHEAD: BREAKING BEHAVIOR PATTERNS THAT HOLD YOU BACK

You may be your career's worst enemy. Change your professional image by overcoming destructive workplace behavior!

Seminar #2255

Overview

What's your professional image? Do you steamroll over others in a quest for power...constantly rebel against authority...start and spread office gossip...cry at the drop of a hat in stressful situations? These are just a few examples of bad behavior that contribute to a poor professional image resulting in "career suicide"—even for the most capable employees. Overcome and resolve workplace situations where ineffective behavior is at play so that you can improve your professional image to move forward and get the rewards you deserve.

Schedule

- [2] days

- [2] days - \$2,095 Non Members
- [2] days - \$1,895 AMA Members
- [2] days - \$1,623 GSA

Credits

1.2 CEU

Schedule

We have 7 scheduled sessions located nationwide starting between 6/25/2012 - 2/21/2013

Date	Location	Duration
Jun 25, 2012 - Jun 26, 2012	Chicago, IL	2 Days
Aug 27, 2012 - Aug 28, 2012	New York, NY	2 Days
Sep 13, 2012 - Sep 14, 2012	Atlanta, GA	2 Days
Oct 25, 2012 - Oct 26, 2012	Chicago, IL	2 Days
Nov 5, 2012 - Nov 6, 2012	Arlington/Washington DC, DC	2 Days
Dec 10, 2012 - Dec 11, 2012	New York, NY	2 Days
Feb 21, 2013 - Feb 22, 2013	Chicago, IL	2 Days

Registering more than 4 people, please call 1-877-566-9441.

How You Will Benefit

- Identify people and situations that can elicit bad workplace behavior
- Successfully change or modify career-sabotaging habit
- Understand how negative behaviors affect teamwork and learn how to change them
- Achieve better work relationships and change your professional image
- Manage feelings of frustration and anger in workplace situations
- Gain recognition for contributing to a more positive and happier work environment
- Positively impact your career path by improving your professional image

What You Will Cover

- Improving your professional image in the eyes of co-workers, customers and senior management
- Using positive self-talk for a more constructive attitude
- A five-step process for overcoming emotional triggers
- Increasing your emotional intelligence to better handle interpersonal relationships
- Controlling reactions, instead of being controlled by them
- The role of empathy in becoming more productive
- Accepting the responsibility for communicating effectively

Who Should Attend

General managers, supervisors, team leaders and anyone who has a negative behavior pattern that has created a bad professional image and impeded his or her career success.

Ways to Register

- [Register Online](#)
- Call 1-877-566-9441 for an AMA Training Consultant
- Email customerservice@amanet.org
- Fax [AMA Text Registration Form](#)
- Mail [AMA Text Registration Form](#)