

Your employee is interested in learning new skills with AMA. Beyond helping you both achieve your goals, here's why that's an excellent idea.

AMA Seminars offer your employee:

- **Extensive practice in a supportive environment.** You really can't learn new skills from an app. You need to experience it, practice it, and get personal attention to the details that make a difference. There is simply no substitute for learning by doing.
- **Feedback from experts.** Our instructors are not professors—they are practitioners in the field, focused on what works now in the real world. Participants agree instructors make a difference and have rated our faculty 4.83 out of 5 stars. What's more, your employee will be learning alongside peers from other organizations gaining insight and knowledge from other industries and expanding their professional network.
- **Tools and techniques designed to improve performance.** Our courses are instructionally designed to make a difference in performance, which is why 99% of participants report they are using what they learned back on the job after taking one of our courses.
- **An Experience.** Yes, we know two or three days seems like a lot. But dedicating that time to truly master new skills is worth the time and money. And we're not just saying that--our customers agree: 98% of participants would come back for another course.

Still feel like you can't spare your employee for a training session?
Take a look at [our live online courses](#) which minimize time away from work.

Either way, remember that we don't lecture—we accelerate performance.

Need help? Contact 1-877-566-9441 or visit www.amanet.org/2255

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!

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.

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

behavior pattern that has created a bad professional image and impeded his or her career success.

Schedule

- [2] days - \$2,195 Non Members
- [2] days - \$1,995 AMA Members
- [2] days - \$1,889 GSA

Credits

1.2 CEU

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