



THRIVE @WORK PROGRAMME

Take your team's
performance to
the next level.

Over 4 months, participants will learn how to effectively manage their work and time, and how to collaborate well with others.

Our research-backed blended learning approach ensures that teams will see positive, measurable results in productivity, collaboration and performance.

ABOUT THIS PROGRAMME

Empower your team members to be at their best through high-impact workshops, online courses, on-the-job practice, and real-time feedback.

This programme provides training on essential practices like goal setting, time management, communication, teamwork, and emotional intelligence.

KEY ELEMENTS

- Four 2-hour interactive & practical workshops to apply learning
- Online courses and resources, tailored to your needs & available wherever you are, whenever you want on web and App.
- Peer support and networking
- Measurable, high-impact results

“

The learning labs were very interactive and practical. I learned about setting smart goals, how to communicate effectively and take ownership of my work.

”

Participant from Momentum Credit

SKILLS AND TOPICS COVERED IN EACH LEARNING PHASE

PHASE 1

MANAGING MYSELF

“How do I get organized and make sure I can get everything important done.”

- What do you need to do to thrive in your role
- Goal setting and planning
- Effective communication
- Personal productivity
- Accountability and ownership
- Self management and stress

PHASE 2

WORKING WELL WITH OTHERS

“How do I effectively interact and work with my colleagues?”

- Earning the trust of your team
- Asking good questions and active listening
- Giving and receiving feedback
- Influencing others
- Emotional intelligence

Apply here ► bit.ly/AMI-ThriveAtWork

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