



Employee Engagement

Being engaged in work can be the difference between a lovingly crafted product, and a quality-lacking assembly line product. Employee engagement is a key factor to consider in the quality of a worker; it helps the company tell between the passionate team member committed to his or her craft, and the worker who is just going through the motions. There are many ways to gauge employee engagement, but sometimes, it is better for the company and its progress to help foster that engagement among its employees. This training course is therefore set to help foster employee engagement among your staff and build enthusiasm for the craft your company specialises in.

All our training sessions can be tailored to suit your needs. We have multiple modules that can be used to create a motivational and healthy workplace environment.

Course Overview

Students will have the opportunity to identify their learning goals.

Types of Attention

In this session, participants will explore the different types of attention and its function.

Strategies for Goal Setting

This session will focus on the strategies and the things to be considered when setting a goal.

Meditation

During this session, participants will know the types of meditation and the purpose that each type serves.

Training Your Attention

Next, participants will learn the ways, methods and strategies on how to train the attention.

Attention Zones Model

In this session, participants will learn the different zone models and what do these models are representing.

SMART Goals

In this session, participants will learn the importance of setting SMART goals and the ways on how it should be done.

Keeping Yourself Focused

This session will focus on the one-minute rule, five minute rule, and what to do when you feel overwhelmed.

Procrastination

In this session, participants will learn the reasons of procrastination and the ways on how to overcome it.

Prioritising Your Time

This session will teach the participants how to prioritise their time by following some guidelines provided.

Workshop Wrap-Up

At the end of the course, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725