



SKILLS FOR CARE
LICENSED COURSE

UNDERSTANDING SELF-MANAGEMENT SKILLS

Practical strategies to build resilience,
manage stress, and enhance wellbeing



HOW LONG IS IT?

1 month



HOW MUCH DOES IT COST?

£125 + VAT per learner

Closed-cohort pricing available on request.
Learning Development Support Scheme
is applicable to this qualification for
reimbursement through an employer.



PRINCESS ROYAL
TRAINING AWARD
2024



Apprenticeship Provider
of the Year
Winner 2025



What to expect...

The **Understanding Self-management Skills** course is a continuing professional development (CPD) programme designed for managers and professionals working in adult social care and beyond.

It focuses on building resilience, tackling isolation, managing time effectively, and developing practical strategies for improving personal wellbeing. Learners will also explore how self-awareness and behaviours impact others, and how positive approaches can enhance leadership and teamwork.

Unlike traditional qualifications, this course encourages shared learning, connecting participants with peers to reflect on experiences, exchange ideas, and apply practical tools to their everyday roles.

The course aims to:

- Develop effective self-management skills
- Build resilience and reduce isolation
- Improve time management and set personal boundaries

Learners will receive a **Connect2Care Certificate of Attendance** upon completion.

By the end of this course, learners will:

1	Recognise the impact of their own beliefs and values
2	Build self-awareness, confidence, and integrity
3	Understand how behaviours and communication influence others
4	Explore cultures that support resilience
5	Strengthen emotional intelligence
6	Apply practical wellbeing strategies to manage stress and pressure
7	Use time management techniques and tools effectively

Course Details:

Duration: 1 month.

Assessment: Learners will receive a **Connect2Care Certificate of Attendance** upon completion.

Group size: Min: 10 learners. Max: 20 learners (closed cohort option available).



Find out more...

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connect2care.net

Connect
2 Adult Care