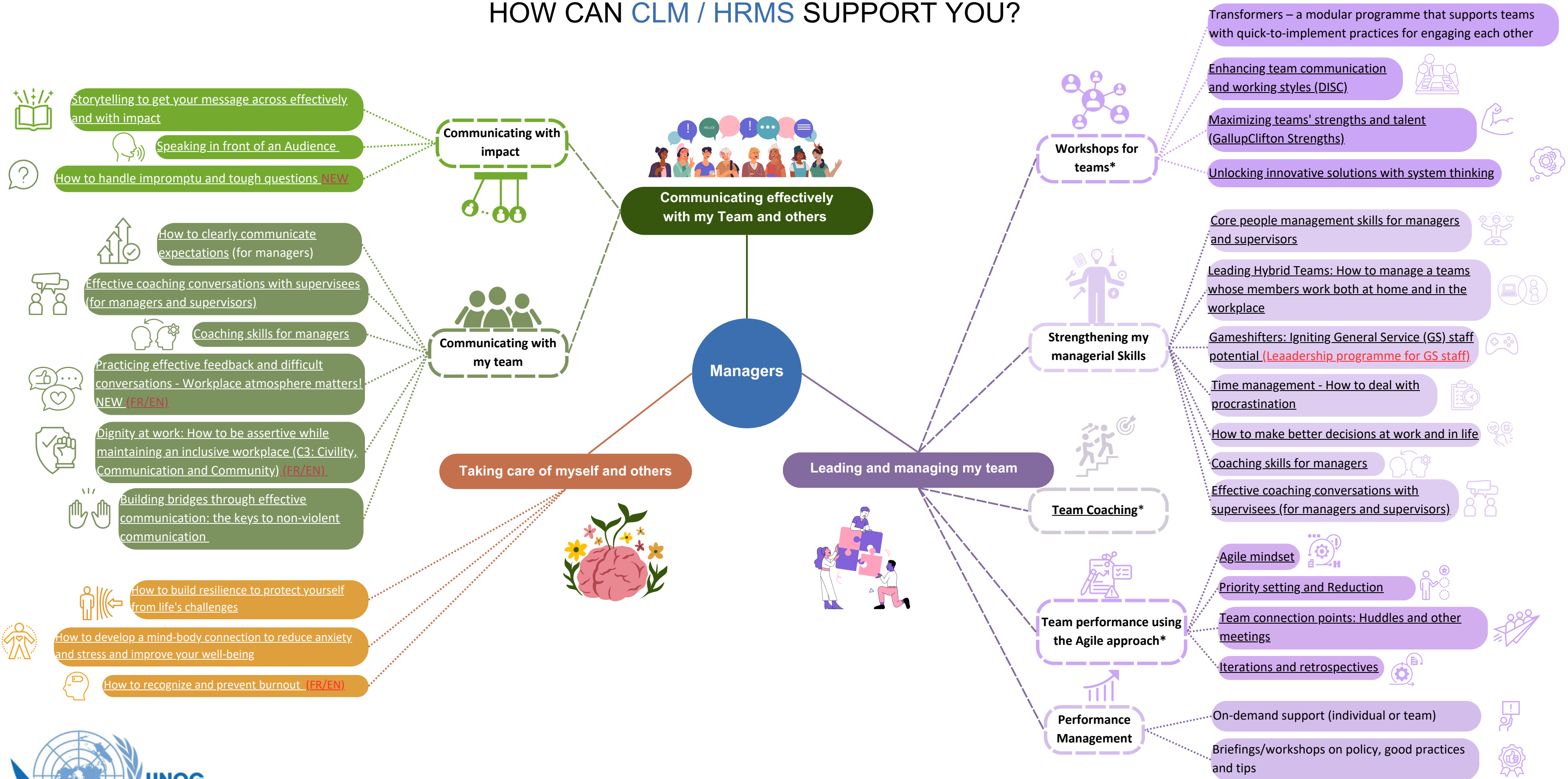


# MANAGERS,

## HOW CAN CLM / HRMS SUPPORT YOU?



\* Trainings on demand, please contact [clm\\_mc@un.org](mailto:clm_mc@un.org) for more information

MANAGERS,  
HOW CAN CLM / HRMS SUPPORT YOU?

Communicating effectively with my team and others

| Duration                   | LMS code | Course name   | Type      | Language |
|----------------------------|----------|---|-----------|----------|
| communicating with impact  |          |   |           |          |
| 1 day                      | LMS-6429 | <b>Storytelling to get your message across effectively and with impact</b><br>Make your messages more memorable and powerful when addressing internal and external audiences.   | in-person | EN       |
| 1 day                      | LMS-1552 | <b>Speaking in front of an Audience</b><br>Increase the impact of your presentations by learning how to install trust in the way you talk to people and convey messages.  | in-person | EN       |
| 1 day                      | LMS-749  | <b>How to handle impromptu and tough questions</b><br>Handle challenging questions in all kinds of situations, including meetings, presentations and negotiations, with confidence and ease.  | in-person | EN       |
| communicating with my team |          |   |           |          |
| 1 day                      | LMS-7263 | <b>Practicing effective feedback and difficult conversations - Workplace atmosphere matters!</b><br>Learn the skills and competencies required to give and receive feedback more efficiently.   | in-person | EN/FR    |
| 0.5 day                    | LMS-6179 | <b>Dignity at work: How to be assertive while maintaining an inclusive workplace (C3: Civility, Communication and Community)</b><br>With respect for dignity, it is possible to have vigorous exchanges during a discussion without offending the other party.                  | in-person | EN/FR    |
| 0.5 day                    | LMS-7500 | <b>How to clearly communicate expectations (for managers)</b><br>Give you the tools you need to define your expectations, while taking account of those of your team members, to create a structured and safe environment.  | in-person | EN       |
| 0.5 day                    | LMS-7266 | <b>Effective coaching conversations with supervisees (for managers and supervisors)</b><br>Offer you with opportunities for practicing how to have coaching conversation with supervisees in small groups. Each session consists of a well-balanced mix of theory and practice. | in-person | EN       |
| 1 day                      | LMS-7318 | <b>Building bridges through effective communication: the keys to non-violent communication</b><br>Learn how to transform situations of disagreement or conflict into constructive dialogue by developing emotional intelligence and professional relationships.                 | in-person | EN       |
| 1 day                      | LMS-2438 | <b>Coaching Skills for Managers</b><br>Introduce managers and supervisors to the principles of coaching, giving them the means to practice and develop basic coaching skills to improve team synergy and performance.   | in-person | EN       |

MANAGERS,  
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Leading and managing my team

| Duration                           | LMS code                               | Course name  | Type      | Language |
|------------------------------------|--|--|-----------|----------|
| Strengthening my managerial Skills |  |  |           |          |
| 1 day                              | LMS-7218                               | <b>Core people management skills for managers and supervisors</b><br>Enhance HR management with insights from neuroscience research in this interactive program.   | in-person | EN       |
| 1 day                              | LMS-7254                               | <b>Leading Hybrid Teams: How to manage a team whose members work both at home and in the workplace</b><br>Master hybrid team dynamics with improved management and communication skills for effective interaction, online or in person.  | in-person | EN       |
| 3 months                           | <a href="#">Click here to register</a> | <b>Gameshifters: Igniting General Service (GS) staff potential (Leaadership programme for GS staff)</b><br>Transform your professional path in this 12-week GS staff leadership program! Rediscover talents, enhance self-awareness, and acquire practical skills for empowerment, complemented by a personalized coaching session on strengths. | blended   | EN       |
| 1.5 hours                          | LMS-6320                               | <b>Time management - How to deal with procrastination</b><br>Conquer procrastination with our 4-week eWorkshop on time management, featuring three webinars and hands-on, interactive exercises.   | eWorkshop | EN       |
| 1.5 hours * 3                      | LMS-6444                               | <b>How to make better decisions at work and in life</b><br>Enhance your decision-making skills to mitigate the risk of unfavorable outcomes.   | eWorkshop | EN       |
| 1 day                              | LMS-2438                               | <b>Coaching Skills for Managers</b><br>Introduce managers and supervisors to the principles of coaching, giving them the means to practice and develop basic coaching skills to improve team synergy and performance.  | in-person | EN       |
| 0.5 days                           | LMS-7266                               | <b>Effective coaching conversations with supervisees (for managers and supervisors)</b><br>Offer you with opportunities for practicing how to have coaching conversation with supervisees in small groups. Each session consists of a well-balanced mix of theory and practice.  | in-person | EN       |

MANAGERS,  
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Taking care of myself and others

| Duration  | LMS code | Course name   | Type      | Language |
|-----------|----------|---|-----------|----------|
| 1.5 hours | LMS-6978 | <b>How to build resilience to protect yourself from life's challenges</b><br>Fortify yourself against life's challenges by building resilience and boost your mental health.                    | eWorkshop | EN       |
| 1.5 hours | LMS-6979 | <b>How to develop a mind-body connection to reduce anxiety and stress and improve your well-being</b><br>Learn to gain the ability to identify and interpret the warning signs your body sends. | eWorkshop | EN       |
| 1.5 hours | LMS-6980 | <b>How to recognize and prevent burnout</b><br>Learn to draw insights from past experiences and safeguard against psychological stress and fatigue.   | eWorkshop | EN/FR    |