

Self-management in Projects

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Project managers and project staff are knowledge workers. Their most precious resource is time and attention. Whereas time and attention of a human being is always finite, demands on project management expert's time and attention is infinite. Expectations of sponsors, line managers, peers, project staff and of course the high and often idealistic expectations towards oneself are exceeding the personal, limited resources of time and attention.

Effective project management therefore is challenging everyone on the self-management. Within the exceeding expectations, the personal priorities need to be known, effective personal time planning needs to be applied, information flood needs to be dealt with efficiently and project plans as well as individual work plans need to be permanently adapted to the on going dynamics in the project's context. These dynamics cause interruptions and challenge again individuals in their decision-making, as personal priorities need to be adapted and dilemmas need to be addressed which cannot be dissolved.

*„The greatest glory
in living lies not in
never falling, but in
rising every time we
fall.“*

Nelson Mandela

These multiple influencing factors challenge oneself on the psychological level and cause stress. We will elaborate the answers to these endeavours during the seminar in the context of the psychological resilience. Research on resilience has increased in recent time, as it has allowed to gain more insights of an individual's ability to adapt to stress and adversity. Whereas some persons can address challenges or crisis well and can even grow on them, others fail.

On one hand, we need effective personal time planning, we need to be able to set our priorities and deal with information flood, time thieves and interruptions. On the other hand, these rather technical aspects of self-management need to be embedded into the psychological aspects of personal resilience. We will elaborate how to protect better the personal time and attention in order to focus on your key priorities. We will get more insights on positive and negative aspects of stress (eustress and distress) and learn to say no in order to protect our boundaries. We will also address failure in terms that project management is risk exposed, failure may arise, but the key question is whether “we serve failure” or whether “failure serves us”. When “failure serves us”, we do not victimize ourselves, we try to learn out of failure and exploit our experience further personal and organizational growth.



Management Weiterbildung

Human being is known to be a giant with respect to knowledge but a dwarf with respect to transformation. In this practically oriented seminar every participant will apply the bespoke inputs to his/her specific working context in individual reflections, discussions as well as via peer reviews. But it's all aimed to lead to further evolvement of the personal professional and personal skills. Therefore, we will also familiarize us with the phenomena of neuroplasticity, of how the human brain learns and how we best exploit our mental capabilities for personal growth.

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