

Emotional Resilience for Project Managers

Management and Leadership

Course Overview

Emotional Resilience for Project Managers: a 5-day professional training course from LTC Consultants, delivered in-classroom across Africa and live online.

What You Will Achieve

- Explain the core principles and current good practice in Emotional Resilience for Project Managers
- Apply practical tools and techniques for Emotional Resilience for Project Managers in your own organisation
- Analyse real-world scenarios and select the right approach with confidence
- Avoid the common pitfalls that undermine Emotional Resilience for Project Managers in practice
- Build a personal action plan to implement what you have learned

Who Should Attend

Directors, senior managers, heads of department, team leaders and high-potential professionals preparing for greater leadership responsibility.

Course Outline

1. Foundations of Emotional Resilience for Project Managers: principles, terminology and context
2. The business case: why Emotional Resilience for Project Managers matters to performance
3. Core tools, frameworks and methods
4. Applying the tools: guided case study and exercises
5. Common pitfalls and how experienced practitioners avoid them
6. Working with stakeholders: communication and influence
7. Measuring results and continuous improvement
8. Personal action planning and course review

Upcoming Dates and Fees

DATES	VENUE	FEE (PER DELEGATE)
21 to 25 Sep 2026	Online	\$700
5 to 9 Oct 2026	Pretoria	\$1,450
26 to 30 Oct 2026	Gaborone	\$1,650
9 to 13 Nov 2026	Kigali	\$1,650
23 to 27 Nov 2026	Cape Town	\$1,395
7 to 11 Dec 2026	Lusaka	\$1,395

LTC Consultants

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Every delegate receives a Certificate of Attendance. Group and in-house rates available on request.