



# تنمية الذات بالذكاء الاصطناعي: إتقان إدارة الوقت وتوازن العمل والحياة



**AGILE LEADERS**  
Training Center

04 - 08 May 2026  
طوكيو



## تنمية الذات بالذكاء الاصطناعي: إتقان إدارة الوقت وتوازن العمل والحياة

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### Using Artificial Intelligence to Achieve Personal Growth And Self-Development

#### Overview:

Our training course, 'Using Artificial Intelligence to Achieve Personal Growth And Self-Development', will guide you through the concepts of analytical thinking and critical thinking, and how these relate to problem-solving in the digital era. This AI course, unlike other artificial intelligence courses, focuses on leveraging AI for personal growth and self-development. It will help attendees sharpen their problem-solving and critical thinking skills, manage stress, achieve work-life balance, and improve time management. We also guide you on creating a personal growth plan to reach financial independence through strategic investment, demonstrating the power of AI in accelerating your learning curve and acquiring new skills. In essence, our course is the ultimate self-improvement course designed for the age of AI.

#### Target Audience:

- Managers •
- Executives •
- Business Analysts •
- Data Scientists •
- Individuals seeking to leverage AI for self-improvement and personal growth •
- Individuals on their journey towards financial freedom and stress management •

#### Targeted Organizational Departments:

- Strategy •
- IT •
- HR •
- R&D •
- Business Development •

#### Targeted Industries:

- Tech •
- Finance •
- Consulting •
- Education •
- HR •
- Any industry focused on digital transformation •

## Course Offerings:

By the end of the course, attendees will be able to:

- Apply AI for self-development and self-improvement
- Manage time effectively
- Balance work-life
- Handle stress
- Formulate a personal growth plan
- Understand the nuances of analytical thinking vs critical thinking
- Leverage AI for efficient problem-solving and decision-making

## Training Methodology:

The course employs an interactive and hands-on approach. Participants will be guided through the practical application of AI in self-development courses, time management, managing stress, and work-life balance. The course involves case studies, group work, discussions, and reflection sessions to solidify learning. Each topic, whether it's financial freedom or the learning curve, is explored in-depth with real-world examples and AI applications.

## Course Toolbox:

Participants will have access to:

- A digital workbook
- AI software tools
- Reading materials
- Online resources
- Self-assessment checklists
- Personal growth plan templates
- Various other resources that facilitate learning new skills through the application of AI

## Course Agenda:

### Day 1: Understanding AI and Its Role in Personal Growth

- Topic 1: Introduction to AI and its Role in Self Development Courses
- Topic 2: Analytical Thinking vs Critical Thinking in the AI context
- Topic 3: AI and Problem-Solving
- Reflection & Review: Reflecting on the Role of AI in Personal Growth

## Day 2: Applying AI for Self Development and Improvement

- Topic 1: AI in Time Management
- Topic 2: Using AI for Stress Management
- Topic 3: AI and Work-Life Balance
- Reflection & Review: Understanding the Application of AI in Self Improvement

## Day 3: AI in Personal Growth Planning

- Topic 1: Creating a Personal Growth Plan with AI
- Topic 2: AI and Financial Freedom
- Topic 3: AI in Investments for Financial Independence
- Reflection & Review: Reflecting on AI's Role in Financial Planning

## Day 4: Using AI for Skill Development

- Topic 1: Using AI for Learning New Skills
- Topic 2: AI and the Personal Learning Curve
- Topic 3: Understanding the AI Learning Curve
- Reflection & Review: Understanding How AI Can Accelerate Skill Development

## Day 5: Reflection and Forward Planning

- Topic 1: Review of AI Applications in Personal Growth
- Topic 2: Planning Your Personal Growth Journey with AI
- Topic 3: Open Forum - AI Challenges and Solutions
- Reflection & Review: Reflecting on the Role of AI in Personal Growth and Future Planning

### How This Course is Different from Other:

This course is unique as it brings together AI and personal growth into a seamless learning experience. It emphasizes the practical application of AI in personal growth planning, self-improvement, time management, and work-life balance. It doesn't stop at analytical thinking or problem-solving like other AI courses. Instead, it addresses real-life challenges like managing stress, financial freedom, and the personal learning curve, making it stand out from other self-development courses.



## فئات الدورات التدريبية



HR TRAINING & DEVELOPMENT

دورات إدارة و تطوير الموارد البشرية



دورات إدارة و تحليل البيانات ودورات علم البيانات



دورات إدارة الجودة وتطوير العمليات



الدورات التدريبية في مجال البيئة والاستدامة



دورات التسويق وإدارة علاقات العملاء وإدارة المبيعات



دورات التدريب القانوني والمشتريات والتعاقدات



دورات الاتصال الجماهيري و السياسات والعلاقات العامة



دورات النظم السيبراني ودورات تقنية المعلومات



دورات الصيانة ودورات المجالات الهندسية المتنوعة



دورات الصحة والسلامة والأمن المهني



دورات السكرتارية و إدارة المكاتب



دورات الحوكمة وإدارة المخاطر والامتثال



## فئات الدورات التدريبية



دورات معتمدة بشهادة CPD



دورات في مجالات القيادة والإدارة



دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة  
الهائية



دورات مكتب إدارة المشاريع وإدارة المشاريع  
الرشيقية



دورات معتمدة من قبل هيئات دولية

## مدن التدريب



اسطنبول - تركيا



أمستردام - هولندا



أكرا - غانا



أثينا - اليونان



الرياض - المملكة العربية السعودية



الدوحة - قطر



الدار البيضاء - المغرب



الجبيل - المملكة العربية السعودية



باريس - فرنسا



المنامة - مملكة البحرين



الكويت - الكويت



القاهرة - مصر



براغ - جمهورية التشيك



بانكوك - تايلند



بالي - جمهورية إندونيسيا



باكو - أذربيجان

## مدن التدريب



جاكرتا - جمهورية اندونيسيا



تبليسي - جورجيا



بوكيت - تايلاند



برشلونة - إسبانيا



روما - إيطاليا



دبي - الإمارات العربية المتحدة



جوهانسبرغ - جنوب إفريقيا



جنيف - سويسرا



شهر الشيخ - قطر



سيول - كوريا الجنوبية



سان دييغو - الولايات المتحدة الأمريكية



زنجبار - تنزانيا



طوكيو - اليابان



طشقند - أوزبكستان



طرابزون - تركيا



شيكاغو - الولايات المتحدة الأمريكية

## مدن التدريب



كوالالمبور - ماليزيا



فيينا - النمسا



عن بعد - منصة زووم



عمان - المملكة الأردنية الهاشمية



ماربيا - اسبانيا



لندن - المملكة المتحدة



لانكاوي - ماليزيا



كيب تاون - جنوب إفريقيا



ميلان - إيطاليا



مونترنو - سويسرا



مسقط - سلطنة عمان



مدريد - إسبانيا



نيس - فرنسا



نيروبي - كينيا



ميونخ - ألمانيا

# WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

## OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

## OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

## WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



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