

# UGL Understanding Group and Leader

In English

UGL gives you an increased understanding of how group dynamics affect results and how leadership styles should be adapted to the group's maturity stage and specific task at hand. UGL will provide you with insight as to why people behave in certain ways in certain situations and why conflicts arise in the group.

The UGL course was developed for the Swedish National Defense Academy in 1981. In the late 1980's the UGL course became increasingly popular within the Swedish business community and is today considered one of the best and by far the most attended leadership development course in Sweden. Gällöfsta is the largest provider of UGL in Sweden with about 650 participants yearly.

#### Target audience

Managers and employees at all levels within the organization.

#### By attending the UGL-English course you will receive essential tools necessary for effective leadership, such as:

- Group maturity assessment
- Conflict resolution
- Effective communication
- Situational leadership
- Increased self-awareness
- Active-listening

#### DURATION

5 days

#### COST, ACCOMODATION, TIME AND LOCATION

See [gallofsta.se](http://gallofsta.se)

#### HOW TO REGISTER

You can book the course on our website, send an email or contact us by phone. You can also use our live-chat to get in touch directly with one of our representatives.

- [gallofsta.se](http://gallofsta.se)
- [utbildning@gallofsta.se](mailto:utbildning@gallofsta.se)
- +46 (0)8-581 795 02

#### Working methods and content

This course differs significantly from "traditional" leadership development courses. The pedagogical approach of the UGL course is based on "Experiential Learning", which means that new learning is acquired through the following four steps; experiencing, reviewing, concluding and changing behavior. The two course instructors operate as facilitators, and the group always consists of 8-12 participants. The course is five days in length and requires full attendance (arriving on Monday morning and leaving Friday afternoon).

Understand why people behave in certain ways in certain situations.



And why conflicts arise in the group