

NEW



SAICE Academy Mastering Soft Skills as an Engineering Professional – Ways to get Unstuck from Your Ruts

0,1 CPD POINTS

SAICEEL26/04238/29

SAICE is an ECSA Approved CPD Service Provider



Ways to Get Unstuck
from Your Ruts

Presented By: SAICE Volunteers

Fully On-Line

Break Stagnation. Reclaim Momentum. Transform Your Career.

In the demanding field of engineering, it's easy to fall into routines that eventually become ruts. Whether it's career stagnation, a lack of motivation, or feeling overwhelmed by daily tasks, breaking free is essential for your professional growth and personal fulfillment.

As a young professional, maintaining momentum is key to long-term success. This insightful course, *"Mastering Soft Skills for Engineering Professionals: Ways to get Unstuck from Your Ruts,"* brought to you by SAICE Academy, provides practical, science-backed strategies to help you identify where you're stuck and take the necessary steps to move forward.

What You Will Learn:

- **Identify Your Ruts:** Understand the psychological patterns—like fear of the unknown and overthinking—that keep you in your comfort zone.
- **7 Practical Strategies:** Learn actionable techniques such as changing your physical environment, disrupting daily routines, and the "5-second rule" for immediate action.
- **Embrace Productive Discomfort:** Discover why growth happens at the edge of your comfort zone and how to build resilience through controlled challenges.



SCAN TO PURCHASE
BOOKS

- Create Momentum: **Master the art of micro-actions and artificial deadlines to overcome procrastination and achieve your goals.**

Course Highlights:

Feature	Benefit
Action-Oriented	Focuses on small, consistent steps that lead to massive transformation.
Expert Content\	Created by industry experts.
CPD Accredited	Earn valuable CPD points upon successful completion of the online assessment.
South African Context	Tailored insights for professionals navigating the local engineering landscape.

“Getting unstuck isn’t about massive transformation overnight. It’s about small, consistent actions that build momentum. The journey of 1,000 kilometers begins with a single step.”

Take the Next Step in Your Professional Journey

Don’t let mediocrity become your comfort zone. Join your peers in mastering the soft skills that turn stagnation into progress.

Enrol now and redefine your professional journey!

- No need to take any time off work
- No travel and or accommodation costs
- No lost productivity costs