

Improving your personal impact!



How do you come across to others?

Who is it for?

This half-day workshop will help anyone understand why they act or re-act in a direct or accommodating manner. It is equally valuable for those who want to better handle aggressive or submissive behaviour in others.

Overview

The aim this half-day workshop is to address issues surrounding personal behaviours that enable delegates to develop positive working relationships with others. It looks at how we might deal with inappropriate or problem behaviour by assessing people objectively and examine ways to build rapport and respect through better understanding of personalities.

Workshop Objectives:

- Raise personal self awareness of those behaviours which have a negative impact on others.
- Identify different types of personalities and the strategies for developing positive interpersonal relations.
- Address difficult behaviour by adapting your style and controlling your response.
- Define a personal development plan that will assist in developing personal self-esteem and confidence.

Duration

This workshop is delivered through an interactive half-day (three and a half hours) workshop involving self assessment exercises, group discussion and facilitated team working exercises. During the workshop candidates will complete a DISC personality profile to gain a better understanding of their personal style.

Investment

Total investment for this workshop is £125 per person. Alternatively, this workshop can be delivered internally to your organisation for a total investment of £950. Based on a group size of ten persons, this reflects an investment of £95 per person. This cost includes all relevant materials but excludes any costs associated with the venue.