

Understanding Individuals Workshop

The people who make up organisations differ in many ways. They have differing needs, values, personality types, experiences, motivations, emotional intelligence. They have differing work styles, abilities and roles in the organisation. This workshop is designed to equip people to understand, respect and work with people of all types

- Length: 1 or 2 days
- Who should attend: For all managers at every level who want to broaden their understanding of the way people are wired

Key areas of the workshop

- Understanding and communicating with the different personality types
- Establishing trust
- 5 aspects of Emotional intelligence including self awareness, empathy and self regulation
- Developing interpersonal skills
- Integrity in the workplace
- Networking and relationship building
- Understanding roles in teams



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