

Understanding Self and Others

A foundation in Emotional Intelligence

Half Day Course Groups of 8 to 12 Personal Development

This course is designed for anyone seeking to develop their understanding of the human factors that make for success, including their own unique personal style, values and mindsets. The course includes insight from a self-awareness survey that not only helps to increase self-awareness but also the ability to understand other people. This sets the foundation for a wide range of real-life application, including in personal impact, communication and motivation.

Benefits:

- Strengthen personal impact; understand when and how personal style creates a positive impact and when to adapt.
- Enhanced communication.
- Illuminate awareness and understanding of other people's perspectives.
- Build acceptance and self-confidence.
- Identify tactics that will reinforce motivation (self and others).

Course Outline

- Understand behavioural (personality) styles and how they influence communication and choices.
- Recognise and utilise your particular style to make a positive impact in interactions with others.
- Identify how other people's styles complement your own and how - together - you can achieve stronger outcomes.
- Identify mindsets; the six core drivers to decision making and how these contribute to your own choices. Learn to recognise how different mindsets contribute to team cohesion and conflict.

The course is designed in an engaging workshop style, incorporating established management models, reflective exercises, small team breakout exercises and workplace applications. The programme is orientated to real-life application and therefore the programme incorporates insight from a self-awareness survey to help identify individual communication style, motivators, strengths, potential blindspots and areas of collaboration. The 30-minute survey is taken on-line in advance of the workshop; instructions will be provided.

Cost
£875 per half-day session.

Course Tutor



Andy Wade Andy is a passionate believer in education having been a teacher for over 30 years, head of IT and a member of the senior leadership team at the Ladies College for more than a decade. As well as teaching in a school setting, Andy is well-versed in psychometrics for management and personal leadership growth. He previously ran his own training and consultancy business and has lectured for the Open University.

Andy's particular bias is towards effective leadership and management; equipping managers to understand the human factors that create conditions for team success, leading through pressure and change, blending support and challenge.

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