

Understanding Self and Others

A one-day course for anyone seeking to enhance their emotional intelligence at work. Especially useful for supervisors and managers. This course will sharpen self-awareness and strengthen how you connect with others, giving you the confidence to communicate with impact and build stronger working relationships.

Single-day workshop

£375 per delegate

Available in-house



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Learn how to use your natural communication style to best effect and identify when and how to adapt. This course elevates self awareness and provides practical tools to make the best possible impact with others.



PROGRAMME VENUE

Les Cotils Centre, St Peter Port.



COURSE SIZE

A group of 10 to 12 people



WORKSHOP TIME

9am to 5pm



WHAT IS INCLUDED?

A psychometric survey taken prior to the course date

Course materials

Certificate of completion

The course at a glance



This course helps you to develop stronger relationships, more effective communication and connect your ideas with other people in a way that they can hear them.

- **Understand personality style**

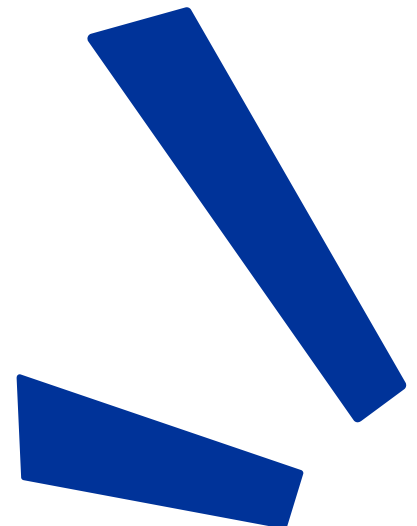
Drawing on insights from a psychometric survey taken prior to the course date. Recognise the merits and potential pitfalls of different styles and what each needs in order to be understood.

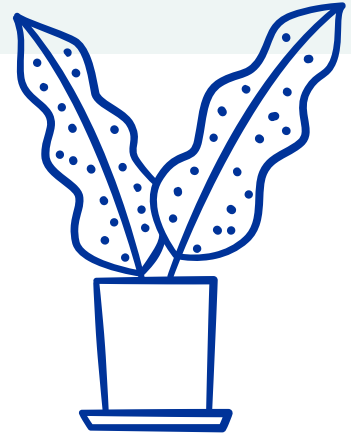
- **Recognise mindsets**

Learn how your mindsets and preferences inform your decisions and how these may differ from other people's approaches. Recognise how to draw from diverse perspectives to strengthen decision making.

- **Adapt for success**

Discover practical ways, practices and habits to adapt when needed for greater influence, impact and quality of choices.





What you will learn

- 1** The **strengths and blindspots** in each of four personality styles; dominance, influence, steadiness and compliance
- 2** Ways to apply your personality style to **enhance communication**
- 3** How to **build empathy** and recognise where other people are coming from
- 4** Techniques to **manage emotions** especially when under pressure
- 5** Practices to **enhance the quality of relationships** at work and home



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