

# SELF-AWARENESS & INTENTIONAL CHANGE WORKSHOP



An opportunity to understand more about ourselves  
and those that we work with!

The self-awareness and intentional change workshop is most beneficial when delivered to teams who work together regularly. The workshop will provide employees with insight into their personality style and the varying personality styles within the workplace. Understanding differing personality styles is useful for recognising how we lead, influence, communicate, collaborate and negotiate.

## WORKSHOP TOPICS INCLUDE

### 1. Self-Awareness

Mini psychometric style assessment for the group to gain a deeper understanding about their personality style, allowing them to reflect on their own values and drivers.

### 2. Understanding others

Taking a look at the different personality styles across the team, this is a really powerful exercise in understanding what drives others and how individuals differ.

### 3. Communication

How to adjust your communication style to better suit your audience. We reflect on the personality styles and the drivers of others and learn what communication styles suit which personality types.

### 4. Working as one

Understanding why diverse teams are successful. We dive a bit deeper into understanding how we can leverage off one-another to play to individual strengths.

Interested in organising a workshop?

Workshops are 1.5 - 2 hours in duration and can be delivered inhouse, or offsite at a location suitable to group size and budget. Ideal group size is 10-15, with a maximum 20 participants.

Call Jenny on 027 551 5142 to discuss options.

