

LEADERSHIP AND MANAGEMENT SKILLS

Developing Accurate Self-Awareness – Understanding One's OWN Personality

OBJECTIVES

A high level of accurate self-awareness is fundamental for leaders and managers. This workshop is about increasing levels of self-awareness in relation to personality type, characteristic behavioural traits, values and psychological competencies. Participants work with the DISC profile which includes feedback on strengths and areas for development, direction and recommendations for personal growth and awareness of potential personality pitfalls. The DISC profile also provides participants with the possibility to identify how their personality impacts on individuals with similar or different personalities, and identify actions of how they can improve their leadership effectiveness when working with others.

WORKSHOP CONTENT

- Understanding the various personality types and emotional intelligence
- Understanding various self-awareness models
- Understanding the various learning styles and how to maximise these to improve your own importance and that of your team

TARGET AUDIENCE

Managers, Team Leaders, Supervisors and participants who wish to develop their self-awareness

DURATION

Full day (8 hours)