



ADAPTING YOUR STYLE – ONE DAY WORKSHOP

Program Overview

Developing effective leadership skills starts with recognising existing talent, identifying key development areas and working out strategies to build on existing proficiencies and gain new ones. In order for a manager to guide their colleagues successfully, they need the skills to encourage their team to perform at their optimum, this ability involves identifying strengths and challenges and the resulting stressors. This one day workshop will help participants to develop their people handling skills through gaining a deeper understanding of context based behaviour and how to adapt their own styles to lead effectively.

At the conclusion of this workshop, participants will be able to:

- Recognise your behavioural tendencies and how they affect others
- Identify, respect, appreciate, and value individual differences
- Develop strategies for working together to increase productivity
- Enhance your effectiveness in completing tasks by improving your relationships with others

Workshop Outline

- Introduction and course overview
- Increasing Self Awareness
- Appropriate Self Disclosure
- Building Trust and Rapport
- Relating to People
- Introduction to the DiSC Model
- Comparing your Behavioural Style With Others
- Communicating Across Behavioural Styles
- Applying DiSC to Managing Conflict

Program Components

One day workshop, On-line DiSC assessment, large group discussions, individual work and reflection, small group discussions/exercises and case studies.