

Personality Dimensions® Introductory Workshop

Curious about understanding what motivates behaviour in yourself and others? Interested in exploring tools and techniques for working with different personalities and temperaments?

Workshop Description:

Learning about your personality temperament helps you to recognize strengths and appreciate differences, express yourself appropriately and communicate more effectively. This half-day, interactive workshop will elevate your morale and enthusiasm, optimize your performance and efficiency -- and yield higher productivity!



Upon completion of this workshop, you will:

1. Complete the *Personality Dimensions*® self-assessment process and experience the entertaining, interactive application exercises.
2. Recognize your own unique blend of strengths and qualities, and to appreciate others' differences.
3. Discuss strategies to relate to, communicate with, teach, motivate, lead and engage others.
4. Use your knowledge of self and others to build strong, cohesive teams and workplaces.

Timeframe:

9:00am to 12:30pm, with a mid-session break.

What's Included?

- *Personality Dimensions*® Participant Pack.
- Coffee and tea on arrival.
- Light, mid-session snack.
- Certificate of Participation.



The Facilitator:

Gerard Murphy, President, Barefoot Facilitation Inc.

Contact info@trybarefoot.com regarding future dates for this public workshop
or to experience this workshop with your team