



Courses

Course 1: The 4 Energy Styles

Course Overview

Since the time of Hippocrates, there has been a recognition that people have different personality types or temperaments.

This course introduces the four personality temperaments in a novel way and provides a simple methodology to recognise each type by their energetic appearance.

Benefits in participating

- This course will help you manage the interaction with people in your organisation more productively
- You will be able to classify people into four different personality temperaments
- Understand how they differ and the types of roles they play in organisations
- Gain an understanding of how to better relate and to influence others
- Gain a greater insight into your own behaviour

Outline of what you will learn

The 4 Energy Styles

- exploration of the different temperaments and identify their motivations and reaction modes
- learn how to identify different personality styles based on their energetic appearance
- practice identifying the different personality styles in a social context

Cognitive Processes and Conflict Resolution

- understand the difference between reacting based on instinct and responding with intellect
- review reactions to stress and examine how the different styles cope
- what the different styles do, and say and think

Negotiating and Mediating disputes

- managing relationship conflict at work with the different styles
- how to adjust your behavioural style to match that of another person
- understanding the emotional, behavioural and cognitive styles of individuals when in conflict
- negotiating with the 4-Styles in a flexible and constructive way

Duration

1 DAY

More information

Visit the website: www.conflictconnexus.com