

Content

Introduction

- what do we mean by self awareness?
- how self awareness in the workplace can benefit you
- self awareness exercises

Self awareness

- how well do you know yourself?
 - clarify your personal values; what's important to you
- discover more about your personality
 - know your emotions, the effect they have on others and your performance
 - understand how you communicate with others
 - the basis for more productive relationships, building better rapport

In the workplace

- improving your performance by knowing yourself better
- using self awareness to improve your communication skills and build better working relationships
 - creating a personal self development plan.

Self Awareness

Personal Impact

Self awareness is a key to personal success, as well as to creating more productive working and personal relationships.

Increasing your self awareness will help you understand and manage people and situations more effectively.

Benefits

By the end of this programme you will be able to:

- deepen your self knowledge and awareness significantly
- build better rapport with others
- understand more about your personality and how to manage your emotions
- use that knowledge and insight to build long-term productive working relationships
- improve your communication skills
- understand the impact of your personality on behaviour and know how to flex your style to match the individual and the situation.

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Approach

Using a mixture of contributions from the facilitator, experiential exercises and group discussion, this enlightening day will offer participants an opportunity to discover more about themselves and help them understand other people better.

The facilitator is a Master Practitioner of NLP, Time Line Coaching and Hypnotherapy. Participants often describe the day as 'inspirational'.

The programme is designed to be informative, stretching and challenging. Participants will need to be open to sharing their thoughts and feelings with others.

Who should attend?

Just about anyone. All those who work with others will benefit from attending this course. It will be of particular benefit to new employees as well as team leaders or managers wishing to improve their people skills.

Programme information

Duration: One day

Price: £425 (excluding VAT)

Dates and locations:

13th March 2008 • London

8th July 2008 • Midlands

12th November 2008 • Surrey

For further details please call

John Baldwin on 01306 621600.

"A very good programme that gave positive benefits to all participants. Very effective."

Harriet Ray,
Cardif Pinnacle