



## Team profiling to improve wellbeing at work

### Overview

This training will give you a solid grounding in understanding your own preferred communication and working style. It will explore how your style is similar to or different from those of your colleagues, and how to work with this constructively to get the best out of one another.

We work intensively with a highly regarded profiling tool that will give you an in-depth insight into your own working styles and those of your team, enabling more effective communication. Before the training, participants fill in an online questionnaire and we unpack this throughout the course of the day.

### Duration

This is a one-day course.

### Training outcomes

- The training will enable you and your team to:
- Understand your own and others' communication and working styles.
- Develop core skills for managing your own communication style at work.
- Deal with difference and tensions more effectively.
- Develop a greater understanding of how to work with other communication and working styles.
- Learn an excellent profiling tool that can be applied in other situations.

The long-term results also include:

- Ability to build stronger, more effective teams
- Increased self-awareness of strengths
- Better understanding of individual differences
- Improved resilience to work with change

### Who is it for?

- Teams who regularly have to work together on projects or programmes to achieve a desired outcome.
- Managers who want to improve their own and their team's performance and understand themselves better.
- Teams new to working together or undergoing change as part of a restructure.

### Testimonial

"A brilliant training session which helped in self-awareness and understanding my impact on others. I have learned more about my strengths and how to communicate better.

**Sharon Livesey, Team profiling course participant**

If you are interested in this training course for your organisation, send me an e-mail or call for a free consultation to see how I can work with you.

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