

THREE VERSIONS

PROFESSIONAL DEVELOPMENT SERIES(PDS) BEHAVIOURS

How to improve communication by understanding one's own and others' communication styles.

MOTIVATORS

Understanding workplace motivators and their critical role in workplace conflict and engagement.

EMOTIONAL QUOTIENT (EQ)

Exploring self-awareness, self-regulation, motivation, empathy, social skills, fear and anger as they relate to effective workplace relationships.



LEARNING FORMATS

- Full or Half-Day In-House workshops
- Weekly Webinars
- Customized versions on request

great

SYSTEMS
LEADERS
OUTCOMES



Your Learning Facilitator:

Sophie Mathewson
Professional Certified Coach
President & Coaching Practice Leader
Sophie has years of experience leading a variety of advanced-level tele-classes to a worldwide adult student population. She brings her coach approach to all engagements and is a Certified Professional Behaviours, Motivators and HD Analyst. In addition, Sophie is a trained EQ Mentor.

"Sophie brought clarity and meaning to a subject that seemed ambiguous to me at first. I grew in the open and supportive environment she created. Thank you for having Sophie as our faculty."

Susan M. Corporate Coach U Student

"...gave me tools to deal and communicate with people (both at work and home) more effectively."

Workshop Participant, Ontario Not-for-Profit Housing Association Pre-Conference Education Day



Contact us for a consultation

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Professional Development Series



3 KEY WORKPLACE TOPICS

BEHAVIOURS

MOTIVATORS

EMOTIONAL QUOTIENT



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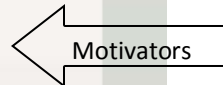
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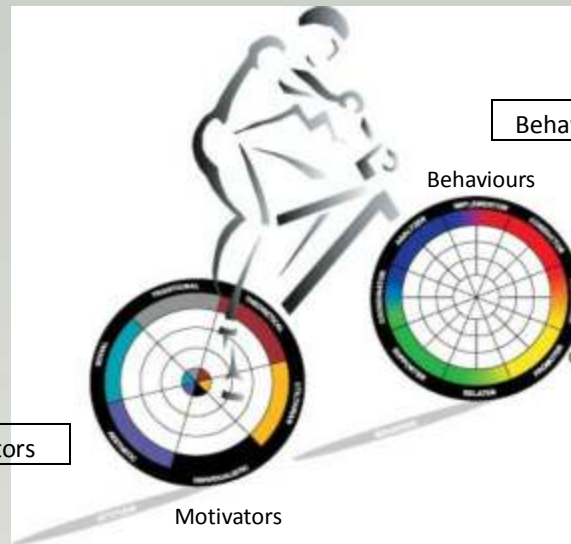
WORKPLACE MOTIVATORS



- Lesson 1.....Introduction
- Lesson 2.....Understanding Your Motivations
- Lesson 3.....Theoretical Defined
- Lesson 4.....Utilitarian Defined
- Lesson 5.....Aesthetic Defined
- Lesson 6.....Social Defined
- Lesson 7.....Individualistic Defined
- Lesson 8.....Traditional Defined
- Lesson 9.....The TTI Motivators® Wheel
- Lesson 10.....Conclusion



Motivators



Direct relationship between motivators and behaviours.

Values are the drivers behind our behaviour; what motivates our actions. Values are principles or standards by which we act/ behave and may be conscious or unconscious. Values conflicts between people are often the most difficult to reconcile.

EMOTIONAL QUOTIENT

- Lesson 1.....Introduction
- Lesson 2.....Dimensions of EQ
- Lesson 3.....Self-Awareness Defined
- Lesson 4.....Self-Regulation Defined
- Lesson 5.....Motivation Defined
- Lesson 6.....Empathy Defined
- Lesson 7.....Social Skills
- Lesson 8.....Fear Defined
- Lesson 9.....Anger Defined
- Lesson 10.....Conclusion

Emotional Quotient is the ability to sense, understand and effectively apply the power and acumen of emotions to facilitate high levels of collaboration and productivity.

BEHAVIOURS

- Lesson 1.....Introduction
- Lesson 2.....D Defined
- Lesson 3.....I Defined
- Lesson 4.....S Defined
- Lesson 5.....C Defined
- Lesson 6.....Understanding Your Behavioural Strengths
- Lesson 7.....Communicating with Others
- Lesson 8.....Natural vs. Adapted Behavioural Style
- Lesson 9.....TTI Success Insights® Wheel
- Lesson 10.....Conclusion



This workshop will open your eyes to a new way of viewing yourself and others. Taking the time to understand the different behaviours of people is the key to effective communication. Learning about a behavioural model and the characteristics of core behavioural styles will enhance your professional and personal relationships, increase engagement through improved communication, decrease workplace tension due to behavioural conflicts and increase your effectiveness by having your message heard and received favourably.

ENHANCED TEAM PERFORMANCE

Some people naturally work well together even if they've just met. Is it possible to create that dynamic intentionally? Yes? High performance teams are characterized by an energized flow of ideas and communication. Teams with a robust commitment to perceive differences as balancing team strengths can capitalize on opportunities. With insights distilled from these workshops, a new way of relating emerges, side-stepping past limitations to team performance.

"It's impossible to estimate how many good ideas are abandoned every day as a result of difficult-to-manage relationships." John Kotter