

Professional Development Day Workplace Request

WORKSHOP DETAILS

Date: May 26

Time: 9am – 12noon

Venue: St Albans

Cost: \$350 + gst

Organisation: Profile Coaching Ltd

Facilitators: Marina Shearer & Glenn Livingstone

Registration: <https://www.profilecoaching.co.nz/professionaldevelopmentchch>

This workshop has a focus on the following:

- Self Awareness
- Social Emotional Intelligence
- Other people awareness
- Conflict Management
- Tips to Thrive

Each participant will receive a link prior to the event which will take about 15minutes to complete. Within 48 hours of completing the online questionnaire participants will receive their unique 20 page Behavioural Analysis Report via email. Participants will print out their reports and bring it with them on the day for a deep dive into their strengths, motivators, competencies, stress behaviours, flexibility profile and much more.

Every individual will also receive a complimentary TIPS REPORT as a thank you. This report provides you with pages of TIPS on how to engage with other DISC styles more effectively. Plus every participant will receive a quick reference card to assist in tailoring communication to be more effective with others.

AGENDA

8.45 - registration opens

9.00 Introduction to DISC - Glenn Livingstone

Glenn will begin with an overview of the DISC theory and its popularity since Carl Jung began his work with it.

9.15 Profile Debrief - Marina Shearer

Marina will debrief the profile and explain how to understand the information and interpret the report.

10.15 Morning Tea

10.30 Understanding Others - Glenn Livingstone

Glenn will speak about the importance of tailoring communication and building relationships with others based on an understanding of their styles and preferences.

11.00 Conflict - Marina Shearer

Marina will explain how different styles relate to conflict and how to help navigate your way through effectively by altering your approach based on the information you have available to you.

11.30 Stress and Wellbeing - Glenn and Marina

Both coaches will wrap up the session with a discussion about how to manage your unique styles challenges with stress and how to take care of yourself with more intention using the information from your report.

12.00 wrap up and farewell

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Tax Deductible Invoices will be issued for this workshop.