

Understanding Oneself and Others

ACHIEVE THROUGH PEOPLE

WHO SHOULD ATTEND:

- Supervisory level and above
- People exposed to various interactions with others

LEARNING OUTCOME:

Attendees will learn how to understand both themselves and other people surrounding them in order to better manage their behavior, interaction as well as self and others performance.

TRAINING OUTLINE:

- Self-awareness through:
 - Johari window
 - Behavioral styles
 - Learning styles
 - Communication styles
- Assessment, scoring and interpretation
- Manage self and relationships with others

Attendees

10 - 12

Duration

2 days