

# SELF DISCOVERY

## RELATIONSHIP EFFECTIVENESS



### WHAT IS IT?

This self learning programme is designed to give individuals an easy, cost-effective way to learn about themselves and others. It is a taste of psychology, a simple way in which anyone can begin to understand what makes people tick, what makes us the way we are and how this knowledge can help us to reduce the conflicts in our lives, improve all our relationships and get better results in whatever we do.

The programme is suitable for anyone wishing to gain an insight into the basics of psychology and their motivational system.

### WHY INVEST IN RELATIONSHIP EFFECTIVENESS?

- ✓ Have less conflicts
- ✓ Feel less stressed
- ✓ Handle difficult situations more smoothly
- ✓ Resolve conflicts quickly before they escalate
- ✓ Achieve your business goals more easily
- ✓ Have better work/life balance
- ✓ Become more productive and effective
- ✓ Develop yourself

### HOW DOES IT WORK?

- Step One:** You will receive an email asking you to define your specific objectives for the learning.
- Step Two:** You will receive 3 profiles to complete online:
- The Strength Deployment Inventory (to identify your motivational values)
  - The Portrait of Personal Strengths (to identify your behavioural strengths)
  - The Portrait of Overdone Strengths (to identify your possible weaknesses, 'overdone strengths')
- Step Three:** You will receive:
- Visual charts showing you the results from the completed questionnaires
  - An explanation of the meaning through the Interpretive Guide
  - A book to assist you with further understanding through examples and stories
  - A quick reference guide to assist you in applying the learning
- Step Four:** Having read and studied your materials you send us an email with the specific questions and further help you need in order to achieve your specific objectives.
- Step Five:** You will receive e-mail answers, further reference information and guidelines as needed

Leading the Way to Productive Relationships



PERSONAL  
STRENGTHS

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### WHAT WILL I LEARN?

- ✓ Understanding of your own values and motivational drivers;
  - why you make the decisions you make
  - why you prefer to work in certain ways and not others
  - why you behave the way you do
- ✓ Understanding of the key values and motivational drivers of others;
  - Why others are different or similar to you
  - How you can recognise the drivers of the other person
  - Why they behave the way they do
  - The intentions behind the behaviour of others
- ✓ How to use this knowledge to better communicate with others;
  - How to recognise which kind of behaviour is best suited to which situation
  - What kind of simple adjustments you can make to your communication style
  - Recognising and using your natural strengths
  - Recognising and managing the strengths you may use inappropriately i.e. overdone strengths
- ✓ How to prevent and reduce conflicts
  - Recognising the conflict triggers and managing your behaviour to reduce conflicts with others
  - Recognising your own conflict triggers and managing your strengths to react differently

### WHAT DOES THE PACKAGE CONTAIN?

- ✓ One online Strength Deployment Inventory questionnaire
- ✓ One online Portrait of Personal Strengths questionnaire
- ✓ One online Portrait of Overdone Strengths questionnaire
- ✓ One book, 'Charting your Course for Effective Communication'.
- ✓ One desk reference chart, 'Quick Guide to Communication'.
- ✓ The Interpretive Guide to help you understand your own SDI profile
- ✓ PDF results of your 3 questionnaires
- ✓ Email support, additional reading and further references as needed

### WHAT IS MY INVESTMENT?

Only 175 EUR (plus VAT)

**Order Now**

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