STYLE & INTERPERSIONAL DYNAMICS

PSTA has developed a style assessment tool that has been used successfully with many teams in recent years. We call it StyleMap™. It remains one of our most popular and sought after training workshop requests.

Exploring interpersonal styles seems to tap into a primal and deep fascination that all people have with how they, and others "tick". StyleMap is a model that is useful in predicting how certain 'types' of people are likely to behave and prefer to be treated in everyday situations. Our training focuses on behavioural styles, not personalities or temperaments. It is important to remember that there are no right or wrong, better or worse styles; just different styles. Learning how to better understand these differences and synergies can dramatically influence your capacity to work with others, manage potential conflict and better utilize your strengths and those you're working with to make everybody's work world more positive.

KEY BENEFITS

- Gain a deep understanding about your own personal style and style preferences so you can work more powerfully to your strengths.
- Realise how it takes all styles to build an effective team.
- Discover opportunities to reframe typical, style-based potential for misunderstanding.
- Better understand the relationship between style difference and workplace conflict.
- Understand your own and others' working styles to better manage communication with others.
- Practice how to connect with people of different styles and realise it's not that hard.
- Raise awareness of the changing nature or relationship cycles.

LEARNING OUTCOMES

- Understand our own interpersonal style and how this affects others around us.
- Explore the four StyleMap communication preferences.
- Work out individual StyleMap communication preferences and understand our own preference.
- Work out group StyleMap communication preferences and understand how this effects the workplace.

WHO SHOULD ATTEND

All managers

DURATION

Half day or full day

METHODOLOGY

A variety of presentation methods and tools are used to ensure the learning experience is interactive, engaging and effective, including:

- PowerPoint presentation
- Group facilitated discussion
- Group activities
- Case studies