



The Power of the Introvert (and the Extrovert) in the Workplace

Have you ever thought about personality style as workplace diversity? Introverts and Extroverts think and act differently in the workplace. In this interactive workshop participants will learn that relationships do not just happen. Both styles need to work at it to be successful. The key is to stop fixating on the differences but to understand our collaborative strengths. This focus allows us to use conflicts to spur creativity, enrich our skills by learning from each other and create results that we could not achieve separately producing bottom line results.

OBJECTIVES

At the conclusion of this training program, the participants will be able to:

- Establish the biological basis of personality
- Identify your personality style as well as the individual strengths of that style
- Define approaches for giving and receiving feedback for each style to maintain the delicate balance of effective relationships in the workplace
- Reframe conflict as normal and necessary and address how we can manage the opposite personality
- Identify specific actions to take with your work team and others based upon what has been learned to sustain success

COURSE COMPETENCIES:

Focus on:

- Communication Skills
- Conflict Management
- Collaboration
- Diversity

ACTION PLANNING

Each participant creates an individual action plan for immediate transfer of learning

LENGTH OF COURSE:

1-Day

This program delivered by Colter Consulting in partnership with Training Edge

Contact Barbara Ann Sharon
basharon@trainingedge.com

Chief Learning Officer
610.454.1557
www.trainingedge.com