

# Personal Development



## Number of Program Days: 2

The Personal Development program positions change in our life experience. The program emphasizes the importance of identifying our behaviors and the behaviors of other and accepting and embracing change. It takes participants through the change process and encourages exploration of what drives each individual. It helps identify and remove the barriers of non productive beliefs and dysfunctional patterns.

The program leads participants to explore their personal belief systems and consider the extent to which these might help or hinder their performance and impact their behaviors.

## Learning Outcomes

- One of the most critical issues facing organizations today is allowing self-limiting beliefs that develop behaviors and constrains people's performance which ultimately leads to limited results.
- Whatever people in general believe they can do, they will and whatever they believe they cannot do - they won't. People hold beliefs about themselves, clients, competition and the company - beliefs that can have an enormous impact, either positive or negative on their performance.
- Shifting a persons empowering beliefs and allowing them to recognize there are other possibilities and options available to them can have significant impact on their performance.

"I have become a lot more positive, motivated person - this course enabled me to re-evaluate where I was and where I wanted to be and allowed me to explore why I acted the way I did and how if needed I could change"

Manager, Leading Manufacturing Company

By the end of this program delegates will be able to:

- Identify bridges they need to build progress and the barricades they must remove to ensure a clear path forward
- Change their basic beliefs about themselves and others to improve morale
- Analyze and gain an understanding of their belief systems
- Understand their personal behavioral style - DiSC
- Improve their interpersonal and communication skills
- Develop a plan for change to bring about positive outcomes
- Work more effectively as a team
- Identify their passion in work and personal lives-motivation
- Gain an understanding to what motivates each individual
- Understand why people do what they do
- Develop personal effectiveness and productivity

## Program content includes

- Foundations of PD
- Behavioral Styles & DiSC
- Beliefs & Behaviors
- Patterns
- Building Rapport & Body Language
- Reaching the Starting Point
- Setting and Achieving Goals
- World Famous and shared Values
- Self Esteem
- Improving Relationships with Others
- Power of the Mind
- People who Inspire Me
- Truths to Live By
- Understanding Others
- Change
- External Influences to Motivation

## How the program works

- The Personal Development program positions change in our life experience. The program emphasizes the importance of accepting and embracing change.
- It takes participants through the change process and encourages exploration of what drives each individual. It helps identify and remove the barriers of non productive beliefs and dysfunctional patterns.
- The program leads participants to explore their personal belief systems and consider the extent to which these might help or hinder their performance.
- Participants complete a DiSC behavioral profile. They are shown how to use this profile to identify their motivators, fears, overuses, and what to do to become more effective. They will be taught how to read people so they can maximize their interactions with others.