

Mind Management

Understanding Self to Improve Effectiveness

Understanding how we work in the business environment, with others and with ourselves is critical to increased effectiveness. Often we don't have the language to do this.

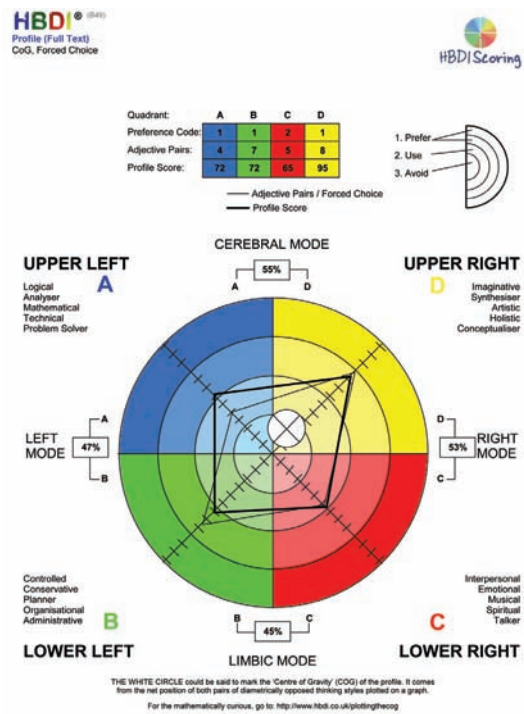
This very powerful workshop uses HBDI a mind management tool that helps individuals understand self and working with others, and gives them the language to discuss how they are thinking and relating to others in the workplace.

Using the HBDI Diversity Cards, delegates will be taken through an interactive exercise to discover their preferred communication style. They will learn to understand how to work with individuals from the opposite spectrum.

Learning Outcomes

- Delegates will recognise that everyone is 'right' and no-one is 'wrong', our preferred styles are simply that, preferred
- Delegates will acknowledge that they are able to adjust their own communication style readily and easily to meet their Team members, colleagues and clients, hence enhancing communication effortlessly
- Delegates will appreciate that a diverse character Team makes that Team and therefore the Organisation, stronger and more robust

This workshop is designed for all individuals within a company, it works well for diverse groups of individuals with respect to company level and role type.



There is an additional cost of £30.00 per person (Excl VAT) for the tests to be conducted.

Katie Day



Katie is a qualified Executive coach and guest lecturer of Business Etiquette at Warwick Business School, she is highly regarded in the fields of Equality, Personal Branding, Cultural Awareness and Corporate Social Responsibility.

Her background is predominantly in global banking, working with the European Bank for Reconstruction and Development from 1995 to 1999 running self development courses and guiding the Bank through the maze that is Diversity. In 1999 Katie joined Business in the Community working primarily with London city clients on Diversity issues, specialising in gender diversity. Katie also worked with clients on their corporate social responsibility agenda for 6 years.

Katie's clients include Kent County Council, The Bank of England, The National Archives and Inmarsat Global.

Equally as comfortable with small and large corporate organisations Katie brings a down to earth approach to very tricky subjects. She is passionate about bringing positive change to all individuals whatever their background.

Katie also has qualifications as a personal development trainer and image consultant.