# Personality Fundamentals

## Program Description

Each of us has our own style, preferences, and ways of operating. Some people like to pause and connect before starting work discussions while others want to skip the small talk and get straight to the point. You may enjoy the comfort of preparing a detailed plan and sticking to an agenda while others enjoy the adrenaline rush of last-minute decision-making and acting in the moment. When individuals share preferences, they see things the same way and tend to get along well. When their preferences are in contrast, misunderstandings naturally occur. Recognizing behavior patterns in ourselves and others helps us to understand each other even when we don't see things the same way.

### How do we recognize and value each other's approach instead of driving each other crazy?

This interactive workshop provides insights into the preferences and motivations of different personality styles.

### As a participant you will:

- Learn to recognize personality patterns
- Identify traits that make up your personality
- Discover what you have in common with, or contrary to, others
- Distinguish what brings out the best in each style
- Recognize what brings out the worst in each style
- Clear up misconceptions that are at the root of many personality clashes
- Gain respect and compassion for yourself and others
- Bridge gaps in communication by understanding other ways of operating
- Find ways to have our needs met without compromising the values of others
- Validate and appreciate all styles to build a work culture that honors differences
- Learn to use your inner compass to guide you in the direction to feel the most alive, on path, and motivated throughout life

If you are dealing with a "difficult" co-worker or "annoying others" who seem to ruin your day, you will learn to *get curious, instead of furious!* Find out how to turn irritation into appreciation and conflict into cooperation by opening up lines of communication, embracing differences and bringing out the best in everyone!