

Know Thy Self™ Workshop



A Unique & Proven Approach

We have found that the most effective process for unleashing the synergistic potential of a team starts with individual team members clearly understanding themselves- what they bring to the team, their unique talents, strengths, weaknesses, development blockages, motivational "hot buttons," fears, frustrations, and motivators.

The Know Thy Self™ process:

- Provides insights into each team member's temperament, personality, and unique qualities, and how these impact your team dynamics.
- Fast-tracks professional development of each team member.
- Addresses any potential personality conflicts, disconnects, and frustrations that may exist within the group.
- Enhances the team's ability to work smarter, faster, and better together with clients.



Prior to a Know Thy Self™ Workshop, participants complete a battery of online assessment instruments, which are returned to us for scoring and analysis. We then prepare each person's Personal Assessment Portfolio, which will be presented to them at the very beginning of the Workshop. During the Know Thy Self™ Workshop, we will explain how to read and interpret the results in a fun and interactive session. This experience launches personal development and helps participants understand how their personality characteristics affect how they interact with others in the workplace. Know Thy Self™ is truly a catalyst for self-development and kick-starts the team development process.

Know Thy Self™ Answers...

- What are my dominant traits?
- What strengths do I have that I can build on as a leader?
- What are my underdeveloped areas and how can I improve them?
- Do I have quality that could block or inhibit effective leadership?
- How can I align myself better with my team members?
- What is the impact of organizational stress on me and how can I minimize any negative impact?
- How does my style impact those around me?
- What leadership areas are natural for me and what do I have to monitor, develop, and strengthen?

Know Thy Self™ Instruments Measure...

- Dominant and Recessive Temperaments
- Dominant Personality Traits
- Leadership Style
- Vector/Valence (People/Process vs. Task/Output)
- Communication Style and Effectiveness
- Decision Making
- Conflict Management
- Delegation and Coaching Skills
- Identification of Self Motivators
- Stress Profile and Level of Stress
- Probing Ability

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