



Whole Brain® Thinking Workshop

Given that thinking is at the core of everything we do, how we make decisions and ultimately how we perform and behave, it makes sense that understanding and applying brain-based research in our everyday work will undoubtedly improve individual and team performance.

The Herrmann Brain Dominance Instrument (HBDI®), created by such research, helps us to understand and cultivate our 4 thinking styles so that we can harness their collective power and energy to deliver better results.

As a result of attending this workshop you will be better able to:

- Understand the Whole Brain® Model and learn how that relates to your own thinking preferences.
- Understand how your thinking preferences impact your behaviour and performance - identifying the factors that ensure you know how to be at your best.
- Consider how stress impacts you and others.
- Understand how your strengths and potential blind spots may impact the communications you have with both your colleagues and customers.
- Understand the attributes of a high performing team and reflect on where your team is now and where it needs to be using a simple model and scoring mechanism.
- Understand the role of thinking preferences in team effectiveness.
- Discuss how to build trust within a team and the impact thinking preferences have.
- Understand the impact effective feedback and coaching has on team performance.

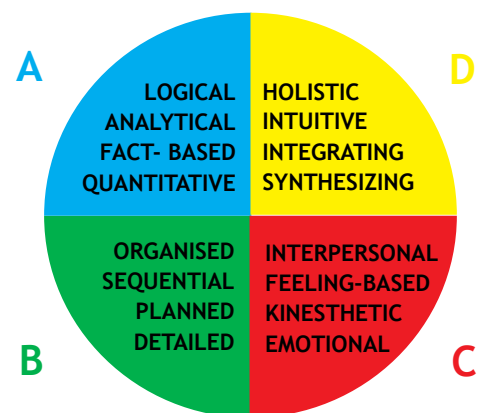
One day workshop for up to twenty participants. Can be delivered virtually or face-to-face.

Who should attend: Anyone looking to develop their self awareness. Anyone who works as part of a team.

What participants say:

“Meeting a few weeks after the session, trustees commented that the interaction between team members was palpably different and more supportive than previously.

“Great and fun! I became immediately more self-aware but also understood how I can leverage my strengths and have greater impact.”



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