



Personality **DIMENSIONS**®

RECOGNIZE STRENGTHS, APPRECIATE DIFFERENCES

Personality Dimensions® Introductory Workshop (3.5 hours)

This workshop is designed to have participants understand first themselves and then others, so that they can be more effective in their communication within relationships both in work and life.

Personality Dimensions® motivates and inspires team members to boost effectiveness. In the long run, you will save time, energy and money; and build better employee relations, which equals efficiencies on both a personal and corporate level.

By the end of a **Personality Dimensions®** Introductory Workshop, participants will have a better understanding of themselves, appreciate why others act the way they do, and understand the effect this has on workplace roles and responsibilities.

Facilitated by:

Terri-Ann Richards is a certified Personality Dimensions® Facilitator, Certified in Choice Theory, Lead Management and Realty Therapy, as well as a Certified Coach Practitioner. Terri-Ann leverages her strong communication skills, 15+ years in business and training to assist her clients in understanding how to best utilize their communication skills to create more cohesive relationships within work and at home.



TO BOOK A TRAINING SESSION CALL: 506-721-9146 / balanceequation.co