

A sample menu of Win-Win sessions

Session 1 - Understanding Ourselves and How we can Change

Objectives

Discover how to accelerate our development

Develop an understanding of self and how others may see me

Explore the Discovery model for different personality types

Write an Action Plan to help me get the best from my Discovery Personality Profile

Session 2 - Understanding Others and How to Adapt and Connect

Objectives

To develop an understanding of others

Learn how to quickly recognise others' styles

Practise adapting skills that will help me to connect and develop Win-Win working methods

Session 3 - Develop a Can-Do attitude to Problem Solving

Objectives

To understand the power of choice and how I can use it to improve my effectiveness

Build self-confidence and a can-do attitude

Learn Quick Problem solving skills

Use these skills to deliver a Business/Service Improvement Project

Session 4 - Communicating with Impact

Objectives

Learn how to express ourselves fully

Become more skilled in communication by turning energy into action

Prepare and deliver a structured message

Session 5 - Improving Personal Organisation

Objectives

Review our balance of life commitments

Discover proven time management techniques

Understand how to gain more time and still deliver

Session 6 - Prioritising Planning

Objectives

To develop knowledge and a commitment to apply the skill of planning

Practise a way of planning projects of different sizes

Put planning into action

Session 7 - Achieving Continuous Improvement

Objectives

Consolidate the learning from the programme

Develop personal plans for future development

Celebrate our achievement