People Styles: Course Overview

High-Level Summary

Teaches a practical, easy-to-use model for understanding the behavioral preferences of others and using that knowledge to make interactions more effective and productive. Each participant receives a valid and reliable multi-rater prof le highlighting their own style-based tendencies (based on observational survey results of f ve colleagues).

Learning Objectives

People Styles will help participants increase:

- their ability to observe and "read" other people's behavior

- their awareness of their own style and what they do to heighten or reduce interpersonal stress in others

- their ability to "f ex" their behavior to be more effective in diff cult interactions without sacrif cing their integrity

- their appreciation of styles different from their own

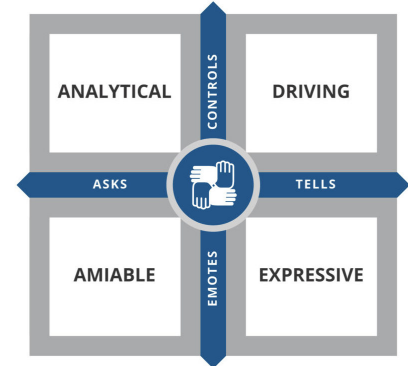## What Makes People Styles Different

- Multi-rater style prof le grounded in 50+ years of research (versus self-assessment)

- Focus is on "f exing" to other styles to improve interactions and relationships, not using the model to simply to assess coworkers

- High-engagement training method with in-class practices to speed skill development

- Participants leave with a personalized Style Flex Action Plan so they can improve their critical relationships immediately

- Ridge's book on People Styles is the best-selling book about the model.

Participant Testimonials

- "…upbeat, entertaining and USEFUL!"

• …highly benef cial. I have an awareness of my personal style and I gained useful tools to deal with different styles

• …thanks for teaching me more about my style and helping me by f exible with others that have different styles than me.

Next Steps

If you're looking for a training program that fosters communication success, let's start a conversation. Contact us at info@ridgetraining.com or call 612.440.7661.

Who should attend?

- **Managers, any level (but especially, mid-level, front-line, and high potential)**

- **Individual contributors (professionals, engineers, developers, etc.)**

Recommended Course Size:

Up to 15 participants, 1 trainer

Duration:

1 day