

## Interpersonal Intelligence



- Help team members understand their personal impact
- Enhance individuals self awareness and confidence
- Improve the interpersonal dynamics of your team
- Identify strengths, areas for development and how to be more effective

### Overview

The Interpersonal Intelligence Workshop is an interactive full day providing a positive and practical experience to help individuals become more effective - by exploring their self perception and the perception others have of them whilst enhancing the performance of the team. The approach is fun and interactive, and gives participants a language and framework for understanding themselves, and others, better which they can put into practice immediately.

### How it Works

Individuals complete an on-line Colour Spectrum Profile, prior to the workshop. The output is a four page personal profile which helps recipients gain a detailed understanding of their personal style, and how this impacts on their relationships in both personal and professional environments.

Using each participant's profile, the programme facilitates an understanding of other individuals personality, the impact we have on them (especially different styles), our strengths, areas for development and potential blind-spots. With this foundation the delegates can reflect and explore ways of improving their communication, influencing and negotiation to enhance communication across departments.



### Investment

Total investment for this programme is £129 per person. Alternatively, this programme can be delivered internally to your organisation for a total investment of £1090. Based on a group size of ten persons, this reflects an investment of £109 per person. This cost includes all relevant materials but excludes any costs associated with the venue.

If you are interested in arranging a training workshop for yourself, or your organisation and would like further information please do not hesitate to contact us at:

**Palladium Training & Consultancy Limited**  
**Tredomen Gateway, Tredomen Business**  
**Park, Ystrad Mynach, Caerphilly CF82 7EH**  
**Tel: 01443 858668**  
**email: [info@palladiumtraining.co.uk](mailto:info@palladiumtraining.co.uk)**  
**[www.palladiumtraining.co.uk](http://www.palladiumtraining.co.uk)**