

The **Re-Engineering Relationships** - an Interpersonal Skills Training workshop is designed to help participants discover and value the interpersonal differences between people and take specific actions to improve their relationships with others.

Participants will learn how to

- detect inappropriate & relation damaging behaviors in their given circumstances
- communicate for impact on developing positive staff relationships
- appropriate their behaviors in different given circumstances
- project appropriate behaviors in their given circumstances
- spot ineffective communication signals and styles
- recognize stress causing situations early
- identify a positive influence all around
- create a positive influence all around
- to manage stress causing situations
- detect their vulnerability
- NOT behave under stress

COURSE OBJECTIVES

This learning experience will help you:

- Identify barriers to personal performance more quickly
- Identify blockades to professional relationships and develop a roadmap for overcoming them
- Contribute towards team cohesiveness
- Apply yourself more effectively as a “participatory team member”
- Adjust your style of communication to the situation at hand
- Develop a basic but effective skill set to manage stressful situations and difficult relationships

COURSE CONTENT

PART 1: Self-understanding

- A quick and simple self-assessment to identify the specific areas of dis-balance in the 4 domains of Human Existence – Physical, Intellectual, Emotional & Spiritual.
- Based upon (Pakistani born Canadian Psychologist) Mahmood Mirza’ s theory – “Balancing the PIES“

PART 2: Skill building in diagnosing interpersonal styles of others

PART 3: Skill building in improving interpersonal effectiveness with

- the boss
- peers
- subordinates

WHO SHOULD ATTEND

The BUILDING RELATIONSHIPS Training Workshop was developed for all people interested in improving their relationships with others. Since this skill is critical for both work and social success, this Interpersonal Skills Training workshop is highly recommended for all.



RE-ENGINEERING

RELATIONSHIPS

the next level of interpersonal relationships

Dated: Tuesday, April 22, 2014

Time: 9:00 am to 5:00 pm

Venue: 96-a, G Block (off Qarshi Avenue), Gulberg 3, Lahore

WORKSHOP DELIVERABLES

- ✓ Workshop Certificate
- ✓ Workshop Manual

WORKSHOP DETAILS

Training Investment: Rs.10,000
Group Discounts: Up to 20% for at least 03 participants from the same organization and 25% for 04 participants and more from the same organization
Refreshment: Lunch & Tea



CONTACT US

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