

Surrounded by Personalities: Connecting with Different Personality Types

Understanding personality differences is essential for effective communication and collaboration in today's diverse workplace. This session enables participants to gain a comprehensive understanding of key personality dimensions and how they influence interpersonal dynamics. Participants will explore the defining characteristics, strengths, and challenges of various personality styles and learn practical strategies to adapt their communication accordingly.

By applying these insights, participants will be better equipped to navigate different personality styles and improve their interpersonal interactions in the workplace.

Learning Objectives

- Understand key personality dimensions and their impact on workplace interactions.
- Identify distinct personality styles, including their characteristics, strengths, and challenges.
- Apply practical communication techniques to connect effectively with different personality types and build better relationships.

Content Outline

Understanding Personality Dimensions

- What is personality?
- Introducing two key personality dimensions (Active vs Passive, Task vs People-oriented)
- Why personalities matter in the workplace

Exploring Different Personality Styles

- Overview of four distinct personality styles
- General characteristics, strengths, weaknesses, fears, and motivations of each style
- Activity: Guess the personality styles

Building Better Relationships by Speaking Their Language

- Communication Preferences for each different personality types
- Practical tips for better connection