



Power of Self-Awareness – Course Outline

Research shows the most successful professionals are those with a deep understanding of themselves; what are their inherent strengths, why do they think and behave the way they do, and how do they zero in on the important aspects of their unique personalities & cognitive styles?

Learning Objectives:

In this workshop we highlight:

- Understand how your behavioural attributes affect others' perception of your thinking
- Learn your thinking attributes and how to change your approach to work more effectively with others
- Know your strengths and how to improve
- Understand how your attributes influence your leadership style
- Learn how cognitive and behavioural diversity improve collaboration, teamwork and results
- Identify reasons why team members may not seem engaged in the organization or work

Learning Outcomes:

By the end of this module, attendees will be able to:

- Understand the basic Emergenetics model and the science behind it
- Grasp a better understanding of self to improve awareness and self-management
- Understand the dynamics of your team to improve team results
- Articulate helpful and effective ways of expressing difference
- Have tools to enable more powerful communication amongst teams

Module Includes:

- Personal Emergenetics Profile
- Access to Emergenetics+, an app providing a mobile-ready version of your Profile, as well as those of other team members. The app enables you to compare Profiles for similarities, differences and interaction recommendations, create group reports and access practical communication tips - a mobile coach in your pocket!

Agenda:

Morning

- Introductions, Objectives & Agenda
- Science Behind Emergenetics
- Behavioural Attributes Overview
- Thinking Attributes Overview
- Application to Work & Life

Afternoon

- Profile Tour
- Business Application Activities
 - Circle Table Door
 - Brainwork Made Easy
 - Thinking Attribute Walkabout
 - Embrace the Scratchy
 - Zoom
- Value of Cognitive Diversity: WEteams & WEapproach
- Reflections & Action Items

Delivery Method:

Our full-day program is delivered in a classroom setting where participants are immersed in the concepts from start to finish.

Assessment Methods:

Participants are assessed on their attendance, participation, and completion of all course components; including quizzes, assignments and discussions. They will also be required to prepare a presentation to deliver key concepts to the class.

Module Hours & Duration:

7 Hours over the course of 1 day

Module Cost:

5-9 participants	\$1000 + GST pp
10-16 participants	\$825 + GST pp
17-19 participants	\$800 + GST pp
20-24 participants	\$750 + GST pp
25-27 participants	\$700 + GST pp
>27 participants	\$625 + GST pp

Facilitators:

Tara-Lee Goerlitz, B.Comm

CEO & Lead Facilitator/Trainer - NexLevel Challenge Ltd.

Tara-Lee is an Advanced Certified Associate for Emergenetics Canada & Certified Challenge Course Practitioner through ACCT. Tara-Lee's primary role is training & facilitating workshops and advising organizations on best practices to develop high performing & engaged teams. In this capacity, she helps organizations address challenges such as communication, change management, leadership development, fostering a culture of collaboration, alignment, trust, and developing dynamic teams.

Tara-Lee is an experienced professional learning leader and facilitator of team effectiveness & culture development and her 20 years of business experience and proven performance solutions have helped a variety of businesses maximize their potential and create performance breakthroughs.

Tara-Lee is a member of the Strategic Capability Network and the Women's Executive Network and is a mentor with U of C's Haskayne Mentorship Program.

Troy Fredeen

COO & Challenge Course Manager - NexLevel Challenge Ltd.

Troy co-facilitates Team Training workshops and partners with organizations to embed the Team Training and productivity concepts into organizations.

With over 10 years' experience in banking, auditing and management, Troy understands the unique challenges faced by teams in the corporate world. With a passion for detail and with technical expertise, Troy manages all aspects of our Challenge Course. He is responsible for the equipment, training, ongoing course inspections and all local operating procedures.

Troy obtained his Agricultural Business Diploma in Finance from Olds College and over the past 15 years has furthered his education through the Athabasca and Dalhousie Universities to obtain his Fellow of the Credit Union Institute of Canada designation.

Troy holds his certification in American Red Cross Wilderness and Remote First Aid, CPR/AED for the Professional Rescuer and is professionally certified as a Level 2 Challenge Course Practitioner.