



PERSONAL EFFECTIVENESS AND SELF AWARENESS

During this 3 hour high-impact session we will help you identify your personal strengths and areas for improvement. During the course we will explore the powerful psychometric tool, Insights Discovery, helping you to understand and improve communication and interpersonal dynamics.

- Identifying personal strengths and areas for improvement (personal SWOT analysis)
- Understanding how you work, your communication and selling styles using Insights Discovery – a preference based psychometric tool
- Effective communication skills and how to adapt to connect with others
- Understanding your personal effectiveness, assertiveness and self-confidence
- Managing yourself and the resources at your disposal

[BOOK YOUR PLACE NOW](#)

VISIT OUR WEBSITE www.zingassociates.co.uk OR
EMAIL JAN@ZINGASSOCIATES.CO.UK
TO BOOK YOUR PLACE



IDENTIFYING
PERSONAL STRENGTHS
AND AREAS FOR
IMPROVEMENT

UNDERSTANDING HOW
YOU WORK AND HOW
YOU COMMUNICATE

IMPROVE YOUR
PERSONAL
EFFECTIVENESS,
ASSERTIVENESS AND
SELF-CONFIDENCE

LEARN ABOUT
INSIGHTS DISCOVERY –
A PREFERENCE BASED
PSYCHOMETRIC TOOL

BITESIZED COURSES
FROM
ZING ASSOCIATES

Running in London,
Manchester, Bristol &
Birmingham

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