



How individuals behave around their colleagues, clients and suppliers, plays a large part in their ability to achieve their goals. People with behavioural flexibility can motivate others more easily, so are more likely to be successful. Learning how to interact differently with diverse character types, in ever-changing environments, can be both challenging and vastly rewarding.

This program uses the widely known DISC behavioural tool, to help participants understand their behavioural preferences, increase self-awareness & emotional intelligence, as well as learn new ways to interact with others displaying opposing styles. In addition, by understanding how differing communication tactics impact others, the workshop exercises provide opportunities for participants to increase their influence with those they work with. Modules can include:

- Understand behaviour
- Define personal preferences
- Perception creates reality
- Capitalise on strengths
- Understand personal challenges
- Increase empathy
- Emotional intelligence
- Add value easily
- What people want
- Communication strategies
- Work with change
- Improve performance
- Build a winning team
- Use the DISC toolkit

Each Core Practice is an experiential group workshop, tailored to directly align with your business culture & needs. They're effective separately, and can be combined to create long-term programs. The practices include:

Core Time	Core Strategy
Core Coaching	Core Projects
Core Behaviour	Core Teams
Core Change	Core Wellbeing
Core Service	Core Leadership
Core Negotiation	Core Communication



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