

Personality Styles & Generations

Course Description:

We all communicate through words, body language, tonality, and intuition. All of this is dictated by our genetic and environmental conditioning. Since we have all been exposed to various environments, we all behave differently. When looking at human behavior, there are some consistencies among various groups that we call Personality Styles and Generational Styles. By understanding the various styles, you will be able to work better with others, get along better, and make adjustments yourself to improve your relationships.

Course Objectives:

The best relationships are based on understanding. Although personality styles and generational styles may cause frustration, understanding reduces and eliminates much of that frustration. Once you learn why people behave the way they do, you will also recognize that if someone frustrates you, there is a good chance that you frustrate them as well. This is due to opposite personalities or generations.

In this course, participants will:

- Identify their own style and generational characteristics.
- Understand how to communicate effectively with the various styles.
- Learn how to influence each style.
- Understand the various motivators each style and generation has.
- Learn what frustrates each style and how to minimize this in interactions.

