

Discovering You

Reflect, Be You, Enhance Your Performance

Insights for Development

This interactive and insightful programme will enable you to understand:

- Your Key Personality Style
- How You Like to Communicate
- Your Stress Triggers
- How You Approach Problem Solving
- Your Preferred Leadership Style
- Areas for Development Planning



The 'Discovering You' programme uses the highly respected Myers Briggs Type Indicator® (MBTI) to provide a framework for those wishing to improve their personal effectiveness.

Offering a powerful yet simple personality type assessment, the programme provides insight into personal differences that drive your behaviour, influence your motivation and **define you as an individual.**

Equipped with this insight, you can explore your individual strengths and understand potential blindspots that could be restricting or limiting your performance.

The programme helps you understand how you work when **you are at your best** and how you prefer to interact with others.

It explores your communication style and the process you like to follow when you make decisions, identifies your stress triggers and offers insight into how you manage conflict.

Revealing these preferences and improving your personal awareness can help you explore how best to capitalise on your strengths and **enhance your performance.**

"You cannot teach a man anything. You can only help him to discover it within himself"

Galileo Galilei

What to Expect

You will initially be contacted to introduce you to the assessment process and to discuss your objectives for participating in the programme. You will then be required to complete an online assessment which takes approximately 20-30 minutes.

An individual feedback session is arranged to discuss your personality preferences; your strengths and development areas; and explore how these influence the way you operate.

Following the feedback session, you will receive a report containing information relating to your personality type and how this may be expressed in an organisational setting. It contains information relating to your preferences in the workplace; your communication and problem-solving styles, along with personalised suggestions for development.

The feedback process can be provided either as a standalone session to help you create a personal development plan, or to initiate a wider programme of one-to-one coaching.



About Me

Unlocking the performance in your people is the single most impactful thing you can do for your business. Their potential is enormous and an early and often small shift in performance can create outstanding results.

My business is about helping you unlock that performance

Whether it's one-to-one coaching, developing leaders, or building strong and cohesive teams, I help drive and inspire incremental value from what you already have.

While the economy remains challenging, achieving more with the same has never been so important.

Working with sales leaders and teams in the technology industry I help them explore their own potential to be the

exceptional individuals they already are.

More Solutions Available:

- Executive Coaching
- 360° Insights
- Manager as Coach
- New Manager Programme
- Influential Leadership
- Understanding Team Differences
- Winning Through Team Dynamics



Discover More...

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