

WA Talking Type

Building the foundation for understanding self and others to be more effective in life



Present a workshop on the 16 Types Personality Profile:

Understanding Yourself and Others

Saturday 20 March, 9.00am – 4.00pm at ECU, Joondalup Campus

A workshop facilitated by Deanna Heal and Valentina Bailey; accredited practitioners of the Interstrength Self-Discovery Process®. The Self-Discovery Process is the method of helping individuals discover their best-fit personality pattern through a process of self exploration. The Self-Discovery Process® is used with the three different psychological models:



Temperament Theory

Self-awareness around temperament will provide you with:

- Your behaviour patterns and sources of stress
- Your core needs and values and what motivates you
- the talents you are more drawn to develop

Interaction Styles

Similar to popular social styles models and DISC, Interaction Styles is based on observable behavioural

patterns. Self-awareness around interaction styles helps to:

- predict how an individual will interact in a given situation
- locate sources of interpersonal conflict
- improve communication with others and reduce conflict

Cognitive Dynamics

Cognitive Dynamics is based in the Jungian theory from which the Myers-Briggs Type Indicator is derived. Self-awareness around cognitive dynamics helps to:

- release creative blocks
- generate more effective communication

Benefits of attending this workshop range from **career development, change and transition management, conflict, communication, stress management, improved self awareness** etc.

You will receive a handout on temperament style and interaction style as well as a copy of the booklet, **“You’ve Got Personality”** with your own personality profile.

*Register early to ensure a place (limited numbers) and earlybird discounts
Cost: AusAPT Members \$120 Non-members \$150 (\$20 extra after 7 March 2010)
To register email: RegisterWA@ausapt.org.au. Further details to be sent after registration*