



COACHING COLAB

# Exploring Personalities

Half Day Workshop

\$679 + gst &amp; travel



Hi, I'm Kate Horton and I started Coaching CoLab so that I can help educational leaders to create extraordinary teams that people LOVE to be in.

As the National Partner for People Maps in Education, I help teachers to understand themselves and their colleagues better.

## Why should we Explore Personalities?

Personality profiling is a framework designed to describe individuals according to their unique personality styles: their approach to managing energy, processing information, interacting with others, and organising their lives. All personality profiling tools are based in some way on the work initiated by psychologist Carl Jung, which was continued by Katharine Briggs & her daughter Isabel Myers. The theory behind personality profiling aims to explain individual differences while highlighting a person's natural preferences, strengths, talents and inclinations.

## How exploring personalities can help teachers achieve greater success?

Based on the 16 Personalities tool, this half day workshop gives all participants insight into how to leverage their strengths and minimise their weaknesses.

We wonder why others struggle with the tasks that we find so simple, or why a concept makes complete sense to everyone else in the room except for us. Exploring Personalities helps us to break down these barriers and create a shared understanding amongst your team. Your team will not only understand their own personality traits, but also, understand their colleagues in a meaningful and holistic way.

It's about understanding how you, and the people around you thrive.

## The 4 Key Elements of Exploring Personalities

### Energy Style

- How we engage with people in our environment.
- How we gain, expend and conserve our energy.
- Whether we tend to process thoughts and ideas verbally, or through quiet reflection.

### Cognitive Style

- How we prefer to take in information.
- The type of information that naturally commands our attention.
- Do we focus on big picture or specific details.
- Preference for seeing things as they are, or as they could be

### Values Style

- Our approach to decision making.
- The conclusions we form based on experiences and observations.
- Our preference for logic and reason, or empathy and identification.

### Self-Management Style

- Our manner of structuring and scheduling time and work.
- Our preference for structure or spontaneity.
- Our desire to make decisions, or prolong receiving information, take time before taking action



## Included in your Exploring Personalities Teacher Only Day Workshop:

- Guide to the 16 Personalities self-assessment tool sent to you in the week before the workshop
- 3 hour long workshop in your school or other suitable location
- Full access to all Exploring Personalities digital resources
- Take-away eBooklet for each team member to reflect on the day and set goals based on their findings

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Understanding yourself  
and those around you is  
what takes a good team,  
and makes it great!

*Let's chat and  
nail down a date*

Contact me:

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*Kate Horton  
xoxo*

