

# UNDERSTANDING BEHAVIOUR

## Overview

**Understanding behaviour** is built on the premise that *how* we do things often matters more than *what* we do when it comes to professional success. It's so much more than tasks or procedures; it's **how your style, tone, and interaction habits** shape outcomes.

A key driver for understanding how others perceive us is on **self-awareness** - given that people commonly **overrate how self-aware they are**, yet only **10–15% of individuals genuinely are**, according to rigorously vetted research from Harvard Business Review

## Workshops



- ✓ Workshops are customized based on the needs of the business
- ✓ Customization based on level (seniority/leadership/general) and identified need
- ✓ Content includes: Understand key social biases like the illusion of transparency and bias blind spot : discover why we like some people more than others : what drives our behaviour : take ownership of how you show up at work : when is your behaviour helpful or harmful : action items
- ✓ Frequency and length: series of workshops or one-off workshop
- ✓ In-person or over Zoom

### Optional:

- ✓ Psychometric assessment PPA – workplace Behaviour, Thomas International
- ✓ One-on-one coaching, with or without assessment



WORKING:  
ON MYSELF  
BY MYSELF  
FOR MYSELF

**Contact for needs analysis and pricing options**