

## Introduction to Process Communication® 3-day workshop outline

A binder will be given to each participant, collecting all the theoretical material presented on slides and the exercises. The workshop is illustrated with training videos and movie extracts.

### **Day 1- Fundamentals about personality types**

Introductions – the interviewing exercise  
Perceptions - the language of perceptions  
How to assess and address the different perceptions  
The six personality types and character strengths  
-Thinker  
-Persister  
-Harmoniser  
-Imaginer  
-Rebel  
-Promoter  
Personality structure, definitions  
Handing out of the Personal Pattern Inventory to each participant.

### **Day2 – Personality and communication**

Personality parts and their indicators  
The channels of communication  
The boundaries between communication and miscommunication  
The interaction styles  
Environmental preferences – the assessing matrix  
The office party exercise  
My difficult person (exercise)

### **Day 3 – Personality and motivation**

Psychological needs, definition  
Description of needs met (both positively and negatively)  
Exercise – Identifying and answering my own needs  
Personality Phase and phasing  
Miscommunication and distress  
Drivers and distress patterns  
Connecting  
Exercise - My action plan  
Wrap up and evaluation of the workshop