



# Phase 1: Amplified Teams Program using Whole Brain Technology & Herrmann International Asia

1. Understanding and working with thinking preferences (HBDI)
2. Understanding & working with communication preferences
3. Applying Whole Brain Technology to Amplified Teams



## 1. Half Day Session: Initial Awareness & Understanding of Whole Brain Thinking

- Each of us has a unique thinking style. Our thinking styles impact on (among other things) our communication patterns, our decision making styles, how we learn and our conflict resolution styles. There is no one best style.
- Creating awareness of our own preferences and understanding these preferences gives individuals, teams and organisations an advantage.
- Whole Brain Thinking allows us to capitalise on our own preferences and tap into those of others.

### Session includes:

- Discovering the four thinking styles and their application through everyday work examples
- Examining and understanding your own HBDI profile
- Recognising the thinking styles of others and exploring the consequences of their profiles
- Understanding of strengths and frustrations
- An introduction to how we function as a team using our different preferences

## 2. Half Day Session: ThinkAbout Communicating

- A team cannot function without effective communication.
- How do we get a person to hear what we intended to say and how do we hear what the person intended us to hear?
- Using Whole Brain Technology® we will explore how to tailor messages so that they can be more easily heard and understood.
- Listeners use their insights about their thinking preferences to help themselves listen more openly and attentively. The result is a dramatic improvement in the exchange of ideas and information.

### Session includes:

- Using the Whole Brain Model as a way of understanding how other people communicate
- Recognising your own communication style and the implications
- Recognising and understanding the 'language' that someone else is using
- Learning to communicate more effectively with people from different quadrants through exercises
- Learning to use the Whole Brain Model to avoid miscommunications and misunderstandings

# Expected Outcomes

- Improved sense of wellbeing and engagement
- Insight into own behaviour and responses
- Insight into how others might be thinking or communicating
- Adjustment of communication based on this understanding
- Better understanding of strengths
- Higher level of resilience to frustrations
- Better stress responses
- More collaborative approach to conflict resolution

### 3. Half Day Session: Amplified Team using Whole Brain Technology

- This workshop gets teams to think about the tasks they are facing, the individuals that make up the teams and the best way they can work together to achieve their goal
- It results in highly motivated teams of individuals who can maximise their unique contribution whilst appreciating and encouraging the contributions of others

#### Session includes:

- Understanding the effects thinking preferences have on teams
- Mapping the mental demands of different tasks
- In depth analysis and feedback of Team Profile
- Action planning based on Team Profile

#### Expected outcomes:

- Individual understand what they bring to a team—the contributions they can make
- understand what others bring
- know how to determine a team's preferences and their implications
- know how to determine the actual demands specific tasks place on teams and how to deal with them.