



SKILLSYNERGY

Mastering Personal & Interpersonal Dynamics

Course Duration	Course Dates	Course Locations	Course Fees (excl. VAT where applicable)
3 days	3 - 5 April 2024	Eldoret, Kenya	\$ 950
3 days	10 - 12 September 2024	Kisumu, Kenya	\$ 950

ENROL

Visit: www.training-connections.co.ke/calendarprograms

* Terms and Conditions apply



Contact us for special group rates
info@training-connections.co.ke



COURSE PREREQUISITE:-Participants are expected to complete a behavior preference questionnaire before the start of the Course; link to be availed upon registration.

COURSE OVERVIEW:-By the end of this 3-day training, participants should have mastered personal and interpersonal dynamics, equipped with the skills necessary to thrive in collaborative environments, build positive relationships, and contribute effectively to team success.



KEY TAKEAWAYS

Self-Discovery and Personal Assessment:

Facilitate self-discovery to understand personal strengths, values, and areas for development.
Conduct assessments to identify individual skills and preferences.

Effective Communication Skills:

Develop strong verbal and non-verbal communication skills.
Enhance active listening and feedback techniques for effective interpersonal communication.

Building Positive Relationships:

Cultivate skills for building and maintaining positive relationships with colleagues and peers.
Address interpersonal challenges and conflicts constructively.

Team Collaboration and Synergy:

Foster a collaborative team culture through effective communication and cooperation.
Develop strategies for promoting synergy within teams.

Emotional Intelligence Mastery:

Develop emotional intelligence to navigate personal and interpersonal dynamics.
Enhance skills in recognizing and managing emotions in oneself and others.

Leadership Presence and Influence:

Cultivate a strong leadership presence through effective communication and interpersonal skills.
Understand how to positively influence others within the organization.

Problem Solving and Decision Making:

Enhance problem-solving skills for addressing challenges within personal and team contexts.
Develop effective decision-making processes that consider diverse perspectives.

Stress Management and Well-being:

Learn strategies for managing stress and maintaining personal well-being.
Develop a holistic approach to balancing work and personal life.





**Training
Connections**

● Personal Effectiveness ● Organizational Performance ● Leadership Effectiveness ●

ABOUT TRAINING CONNECTIONS

At Training Connections, we are all about assisting **PEOPLE** improve their **Personal Effectiveness** to achieve their **Organization's Performance** goals through enhancing their **Leadership Excellence**.

Core to the Training Connections philosophy is an excitement for people and their development that is felt from the first contact.

OUR PROGRAMS

Our programs are designed in collaboration with leadership & management faculty from prominent business schools and industry practitioners. The programs seek to transform the way people work together. We mount our programs to create vibrant working environments in which people feel valued and get heard, communication is honest and clear, decision-making timely and robust, and authentic leadership filters through the organizations we work with.

We Develop PEOPLE – Our skillset pillars.

Our four core training pillars are comprised of key components of the executive skillset needed to thrive in today's ever-changing business environment.

Self Awareness & Personal Development



We use a communication and behavior assessment tool called Clarity4D. This is an easy to understand tool that depicts different personalities in color; red, yellow, green and blue. It helps people understand themselves and others better.

Leadership and Management



Getting the leaders of your organisation especially at the top, behaving authentically, inspirationally, respectfully, and communicating with clarity, honesty and conviction is a critical driver of success. It sets the tone and creates the culture for others to emulate.

Team Dynamics and Development



In order for an organization to achieve excellence and meet its objectives, it must have cohesive working teams and we are equipped to help you achieve that.

Communication and Interpersonal Skills



With improved communication comes better relationships both at home and in the workplace. Using the Clarity4D tool, we guide you through your preferred communication style and help you understand other people's communication style as well.

BEGIN YOUR PERSONAL LEARNING AND DEVELOPMENT JOURNEY WITH TRAINING CONNECTIONS



All our learning programmes begin with an introduction to the Clarity4D model and our signature 'Personal Impact' workshop. This gives delegates valuable insights into themselves and the impact they can have on others, and lays the groundwork for improved working relationships and team performance.

CUSTOMIZE THIS PROGRAM

Turn this program into a custom learning experience for your team or organization.

Training Connections Limited helps organizations of all sizes in every industry identify core problems and create new solutions to address their current and future business needs. We work closely with you to holistically design a program that is delivered by facilitators with vast experience from training organizations just like you to get you results.

Training Connections Learning Centre
Jameson Court Suite B6 Block B,
Off Ngong Rd, Kilimani, Nairobi-Kenya
p.o. box: 59993 - 00200, **landline:** 020 522 0779
mobile : 0722 881 223 / 0111 223 183 / 0724 506 693
email: info@training-connections.co.ke
website: www.training-connections.co.ke

accredited business partner



Clarity4D
clear colourful communication