

## “Understanding Me – The Yada Workshop”

“Knowing yourself is the beginning of all wisdom.” – Aristotle

*Would you like to get to know yourself better?*

*Would you like to identify your personality style?*

*Would you like to explore your approach to problems and challenges?*

*Would you like to embrace your unique story?*

*Would you like to discover your communication and conflict styles?*

*Would you like to develop your strengths as a person?*

*Would you like to know your approach to love and friendships?*

**‘Understanding Me’** is a half day virtual workshop for anyone wishing to learn more about themselves and grow in their self-awareness, increase their impact, and influence, and strengthen their relationships.

It is highly interactive, engaging and designed to enable you understand yourself, your unique story and attitude to life and relationships. We all need to discover and deploy our individual strengths whilst building healthy relationships that enrich our lives.

By knowing your personality style and discovering your authentic self you can maximise your potential and improve your ability to thrive in life, enhance your relationship with yourself and others and live a holistic life.

This is an opportunity for you to learn more about yourself and develop your personal impact and effectiveness. You will have ample time to reflect on yourself and your personality style. You will receive your Yada report and tailored insights covering your personality style, approach to life, love and relationships, communication, and conflict styles to name a few.

### **The workshop fee is £150, it includes:**

- Your Yada report which provides you with tailored insights about your personality style, your attitude to life and relationships, your unique story (including competencies, experiences, and passions), dynamics such as communication style and needs to name a few.
- Participant Workbook.
- An enabling environment that engenders exploring your authentic self.

- Facilitation by Experienced Counsellors and Coaches with over 30 years of collaborating with individuals to unlock their potential and maximise their performance.

## **Sessions**

Session One - Introduction to Your Yada (Personality)

Session Two - Your Approach To Life

Session Three - Your Story

Session Four – Your Approach To Love and Relationships

Session Five - Your Marriage Goals

## **The sessions will:**

Help you identify your personality, strengths, and areas of growth.

Create an atmosphere to explore and embrace your unique story.

Lead to improved self-awareness and confidence.

This workshop is an opportunity for you to acquire skills that will help you improve your relationship with yourself and others.

Give you skills to help you thrive in your relationships.