

Pairs discussions



Key personal learning points

What types of behaviour 'wind you up'?

And what does this tell you about your preferred styles?

What would be your 'nightmare' meeting, and why?

What would be your 'dream' meeting, and why?

What does this tell you?

How would you set about explaining e.g. your role, the work of your team or department to:

- an Innovator
- an Achiever
- a Perfectionist
- a Harmoniser?

Which style do you find easiest to work with?

And which hardest?

How do you deal with your flip side?

What one thing can you do to improve how you relate with others?