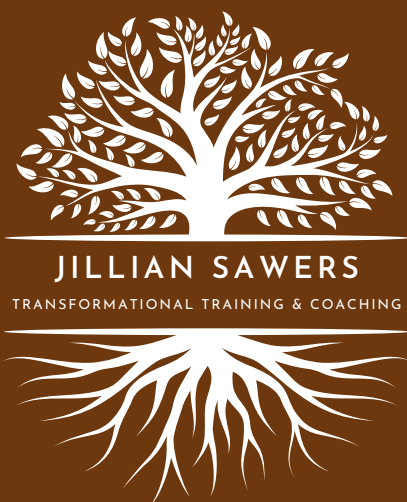


The Building Blocks of Temperament Training & Coaching

A truly transformative training
experience by Jillian Sawers



The Building Blocks of Temperament

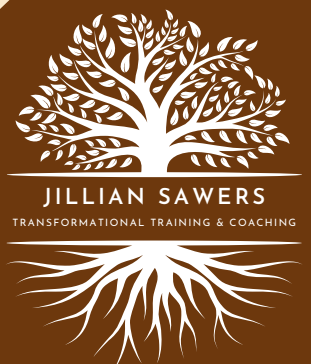
If you have ever done a serious temperament quiz, not the 'what kind of animal are you' type, but one that gives percentages of different traits and descriptions that seem almost clairvoyant in their accuracy, then you will know just how powerful these tools can be.

Companies and employment agencies all over the world use them to match the right candidates for the job, because they know they work. We all recognise that certain people are good with one-one-one communication, or shine in front of an audience whereas others are more content and productive when they are left alone to get on with the job. However, if our understanding remains on the simple observational level we are really missing out on an opportunity to understand ourselves and others in a way that can transform our professional and personal lives.



When you know someone's 'type', it's like having an instructional manual on how to communicate, motivate, delegate and harmonize with them. And when you know your own type, it's like having a full time coach to guide you in utilising your potential, recognizing your blind spots and overcoming your challenges.

It's rare that people will know and tell you their 'type' and you can't always request them to take a test and let you know; but this course will help you make a pretty good educated guess. Once you understand the separate building blocks that make up temperament and how they work together to create recognisable and somewhat predictable patterns in thinking, deciding and behaving you will have a short-cut to understanding people on quite a profound level.



The Building Blocks of Temperament

Having the ability to recognize people's 'types' and what being those types entails, is a huge advantage in life. Whether you are dealing with your staff, colleagues, customers, students, partners, family or friends, you will have a greater appreciation of their uniqueness, you will understand why they do things, the challenges they may be facing, how to get along with them and how to bring out the best in them.

Some of the topics we cover in this fun, fascinating and infinitely useful course are:

The history of temperament and its role in medicine, literature and politics.

The four humours and their mental, emotional and physical characteristics

The strengths and weaknesses of the four humours

Are you extraverted, ambivert or introvert?

The different brain skills of extroverts, introverts and ambiverts

The main motivations of different personality types

The Four Humours, the DISC model, MBTI, Enneagram and The Five Factor model

The similarities and differences between famous temperament models

How to create harmony in a team by understanding each others types

The careers and tasks that suit each type best

How each type make decisions, organize their lives, relate to others and sees and experiences the world

What unique mixture of preferences do you have?

Short cuts, tips and clues for recognizing people early in your interactions

Communication skills and tips for each type

How to coach yourself with temperament insights

The 8 cognitive functions and why they are the real key to understanding people

How to manage, motivate and delegate to your staff based their types

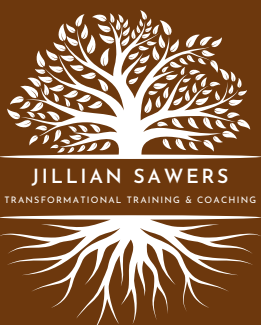
Overcoming the challenges of working with your temperament opposite

The dangers of working within a non-diverse temperament team

Create an open, honest, committed team who respect each other

How to be flexible and not 'stuck' in your type

And much more ...



Who is Jillian Sawers?



Jillian has earned the praise of participants to her 1000's of courses over the years, in great part due to her engaging style and her ability to put across information that is clear and practical. She has the ability to build an immediate rapport with her audiences and her relaxed and entertaining style enables her to present deep and challenging personal issues in an easily acceptable way.

Jillian deep and abiding interest from her early teens, in the topics of self-awareness, psychology, philosophy, the connections between science, metaphysics and the transformation of human consciousness have kept Jillian's training insights on the leading edge of human development.

Aged eighteen and undecided on a course of study Jillian took a one way ticket from her home in New Zealand to London. Her first training experiences came two years later in 1990 as an event coordinator, round-table facilitator and workshop facilitator for 'Global Co-operation for a Better World' - an international project in association with the United Nations Economic and Social Council. This lead to being a full-time project and event manager and lecturer with the Brahma Kumaris World Spiritual University in London, organizing events exploring the topic of consciousness and self-awareness within the areas of science, health, mental health, community, social development and creativity.

In this capacity Jillian gave lectures and ran workshops and seminars in the UK, Europe and Asia/Pacific regions. Jillian also conducted workshops on Stress Management and Positive Thinking within the UK prison system.

Between 1996 to 2001 Jillian worked as a trainer for Reed Training, GateHouse Training and Training Solutions, all in the UK. Courses included Time Management, Self Esteem for Peak Performance, Presentation Skills, Running Effective Meetings and File Management.

In 1997 Jillian moved to Istanbul, Turkey where she was the National Co-Director of a self-development and meditation association for 14 years, training local trainers and giving lectures, workshops, and retreats throughout the country, as well as Internationally. During this time Jillian also started working in the UAE for the International Centre of Management Training, Abu Dubai, and later began a long working partnership as a senior consultant for Glomacs Training, Aztech Training, Euromatch and Oxford Management, all based in the UK and UAE. Jillian is also an Eating Psychology and Life Coach, having trained with the Institute of Eating Psychology in Boulder Co.