

# Understanding Your Thinking Preferences using Hermann Brain Dominance Profile

**Participants:** 4 minimum - 20 people maximum

**Course Prerequisite:** Completion of HBDI assessment

**Duration:** 4 hours

**Equipment:** Easels with Flip Chart Paper or white board, Large room for participants to move around and work in small groups.

## TRAINING OBJECTIVES

- Participants will learn their preferences for thinking based on Hermann Brain Dominance Profile of 4 quadrants, including left and right brain, cerebral and visceral
- Participants will explore how their preferences drive how they lead and manage, and collaborate and communicate with others
- Explore additional strategies and techniques to effectively communicate with others with different preferences
- Team will surface their profile as a group and the implications of that profile on the rest of the employees

**Materials:** Included (digital only)

## Cancellation Policy:

Client pays 50% of fees when a session cancelled between 8 to 14 calendar days and 100% of fees if cancelled within 7 calendar days.

**Delivery:** vILT or cILT (virtual or classroom)

**Pre-work:** Completion of HBDI assessment

## DESCRIPTION: Understanding Your Thinking Preferences HBDI

Understanding how a manager or employee prefers to think, whether logical or random, emotion or data, is important to be effective as it impacts how a manager leads, manages, collaborates and communicates. In the workshop we will explore strategies and tips to partner effectively with others with a different profile and preferences.

## Topics include:

- Research behind HBDI and the profiles themselves
- Reviewing individual reports for insights and learnings
- Strategies and tips to be influential and impactful with others who have a different profile
- Discovery of how a leadership team may appear to employees based on profiles, and its implications
- Action plan to shift behaviors based on learnings