



UNDERSTANDING AND DEVELOPING RELATIONSHIPS USING THE 'STRENGTH DEPLOYMENT INVENTORY'

The Strength Deployment Inventory (SDI) is based on Relationship Awareness Theory. It is a paper-based questionnaire which allows individuals to understand their own motivational values and how these impact on the way they behave. In turn it enables us to appreciate how and why other people behave as they do.

This information and insight can be used to really develop meaningful relationships, open up and deepen communication channels and provide powerful opportunities to understand why conflict occurs and how it can be resolved positively. The SDI can be used to enhance a whole range of applications such as *influencing, negotiating, coaching, leadership and conflict management*. It can also be a valuable and empowering tool for use in *team development* events.

The SDI creates a non-threatening environment and common language for exploring differences in order to dramatically improve communication and team effectiveness.

This one day workshop (or condensed half-day) offers interested individuals the chance to complete their own SDI, identify their motivational value system, experience the benefits to themselves and appreciate how this understanding can transform their personal, professional and organisational effectiveness.

OVERVIEW OF A ONE DAY WORKSHOP

- ³⁵/₁₇ Background to Relationship Awareness Theory
- ³⁵/₁₇ Introduction to the Strength Deployment Inventory (SDI)
- ³⁵/₁₇ Completing the questionnaire
- ³⁵/₁₇ Understanding the outputs from the SDI and how they relate to me and my relationships
- ³⁵/₁₇ Conflict resolution using the SDI
- ³⁵/₁₇ Identifying and exploring team strengths
- ³⁵/₁₇ Overdone strengths and the potential for conflict
- ³⁵/₁₇ Recognition using the SDI

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