



face value
PERFORMANCE PSYCHOLOGY

Understanding Yourself and Others

A half-day skills workshop from Face Value

There is no doubt about the impact that getting on well with other people has on individual and team performance. There are a number of theories and psychometric approaches to measuring and developing emotional intelligence. This workshop from Face Value Performance Psychology approaches it from the neuroscientific basis of why we have emotions, and then builds on this raised self-awareness and applies it to other people.

In this half-day course, you will cover the following learning outcomes through individual, paired, small- and whole-group activities:

- What are emotions, why do we have them and why do we sometimes do things we later regret?
- How you make sense of the world around you: introduction to neuroscientific models – amygdala hijacks, systems 1 and 2, hot and cool thinking, and the ‘Chimp Model’.
- The consequences of emotional thinking: anxiety, stress and the impact on decision making.
- What can you do when ‘having a moment’? Factors that help or hinder managing your stress.
- Reflection and reframing: What were you expecting? Consequences and control.
- Thinking errors (14 of them) and how our language distorts our thinking.
- What signals to look out for in other people and how to increase rapport.

Course key information

- Half-day course (AM or PM).
- Full-day course formats are also available.
- In-person or virtual delivery (MS Teams).
- 3 hours of delivery + 30 minutes of breaks.
- Interactive sessions with small-group work.
- 12 delegates only (min. 6 required to run).
- Full-colour course workbook.
- Refreshments and pastries upon arrival.
- Open/public: £99 + VAT per delegate.
- In-house: £750 + VAT for 12 delegates.

Face Value is a Sheffield-based business which draws on over 30 years of experience in operational management, leadership development, organizational behaviour and neuropsychological coaching to provide evidence-based, bespoke and practical services to businesses across Yorkshire and the United Kingdom. Get in touch today to discuss how we can help you!