



Instructor: Jolene Watson

Location: K W Nasser Centre
256 - 3rd Avenue South, Saskatoon, SK

Fee: \$595 + GST

*Includes instruction, course materials, assessment, book, and meals.

To Register:

www.edwards.usask.ca/execed
or call 306-966-8686

Type & Stress: Getting Back to Balance

INTRODUCTION & BACKGROUND

Over 80% of the Fortune 100 Companies use the Myers-Briggs Type Indicator as the tool of choice for organizational effectiveness.

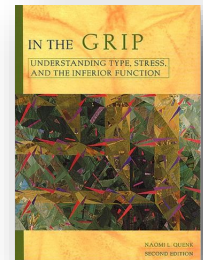
This course will focus on understanding personality type in relation to acute and chronic stress reactions. Understanding how to utilize strengths and recognizing opportunities for growth is the key to decreasing workplace stress. You will explore personality type in areas including: stress management, time management, networking skills and navigating through organizational changes.

KEY LEARNING OBJECTIVES

- Networking and time management skills
- Effective listening skills can help to alleviate stress in the workplace
- How our reaction to stress relates to personality type
- Identify stress triggers in ourselves and coworkers
- Identify with a change management style in relation to the four temperaments of type
- Help others navigate through the stress caused by organizational changes.

ENROLLMENT BONUS!

Receive a complimentary copy of the book *In The Grip: Understanding Type, Stress, And The Inferior Function* by Psychometrics Canada.



INSTRUCTOR PROFILE

Jolene Watson, Certified MBTI® Practitioner



As a Certified Myers-Briggs Practitioner and President of Clarity Coaching & Development, Jolene Watson offers organizational team building/stress management/goal setting workshops, professional speaking and career coaching. Jolene has graduated from various programs such as Praxis School of Entrepreneurship, Psychometrics Canada Ltd. and Dale Carnegie Training. She received the Advanced Communicator and Competent Leader awards from years of being a dedicated member of Toastmasters International.