



**ESSENWOOD
CONSULTING**

Interaction Styles Masterclass – What They Said!

I cannot recommend this series of Masterclass Workshops highly enough. I learned so much about using Interaction Styles effectively with clients. Thanks Catherine Stothart, such a knowledgeable and generous facilitator. Loved our group.

Harumi Gondo, Author and MBTI Master Practitioner

I have found the whole thing very helpful. I was wanting to delve deeper into Interaction Styles and learn more about this lens of understanding people and applying my knowledge. This Masterclass did exactly that. It fully met my expectations. Being in this small community of practice was helpful and added to my learning experience.

Clare Ayers, Personal Development Coach

Catherine's style was very informative, and she was knowledgeable about her topic. It was good to have short sessions over 3 weeks with a choice of times, so as a freelancer, I didn't have to give up a day's work to attend. Her book "How to get on with Anyone" is well laid out and easy to read and digest with lots of genuine case studies and models to bring the material to life.

Margaret Dent, Assessment and Development Consultant

A veritable banquet of fantastic materials, useful exercises, excellent discussion, and skillful facilitation. Extremely good value.

Sarah Perrott, MD Cresco Consulting

An excellent workshop – quick paced, and covered a lot of ground, but still had some time for discussion. Excellent resources that can be used with clients. Catherine is an expert in her field and so generous with her knowledge and experience. I learned loads, even though I already knew about interaction styles and had read the book, I found there was no substitute for actually doing and discussing the exercises. This Masterclass met my need to be able to use Interaction styles with clients and has given me a fantastic tool for improving relationships. Thank you!

Anna Crollick, Coach and Business Psychologist

I am so pleased that I chose to attend this masterclass on Interaction Styles, it has been well worth the time and investment. Great combination of Catherine sharing her own expertise and tools, as well as discussion as a group and individual reflection. I have come away with more ideas on how to share Interaction Styles with my coaching clients as well as considering on a personal note how I can adapt my own style to be more effective at times.

Chrissie Martindale, Personal Development Coach and Yoga Practitioner