

Interaction Styles™ Masterclass for Type Practitioners and Coaches

What are Interaction Styles?

Berens' Interaction Styles™ is a wonderful tool for emotional intelligence. Each of the four styles has specific patterns of communication and decision-making which have an impact on interactions with others. If you know your own style, you can be more aware of your impact on others. And if you can pick up cues about other people's style, you can respond more appropriately. You can also learn how to adapt your style to suit the situation.

The four styles map to the 16 types of the MBTI®. The MBTI® is about how your *mind* works – what sort of information you pay attention to and trust, and how you make decisions. Interaction Styles™ is about how your *emotions* work when you interact with others – how you behave and what drives that behaviour.

What is the Masterclass?

A series of three, 1.5 hour, online interactive workshops in groups of up to six people who are qualified in personality type or coaching. One per week for 3 weeks, with recordings available. Up to one hour pre-work before each session.

The aim of the series is to enable you to use my approach to Interaction Styles with your clients when coaching or facilitating.

1. Module 1 – *What's Your Style?* - understand the Interaction Styles framework, how it relates to personality type, explore the energies and drives of the four Styles, discover your own Style and how this impacts your coaching or training.
2. Module 2 – *Communicating with Impact and Influence* - learn how to apply Interaction Styles to help your clients communicate more effectively, have positive influence, and develop more emotionally intelligent behaviours.
3. Module 3 – *Managing your Stressors and Conflict* - learn how to apply Interaction Styles to help your clients understand how their beliefs may help or hinder them when interacting, how this can lead to stress and conflict and what to do to manage conflict.

You will receive:

- A set of the *What's Your Style?* cards.
- Pdfs of:
 - Pre-workshop quiz to use with your clients.
 - Workbook to use with your clients.
 - Worksheet for Communicating with Impact and Influence.
 - Worksheet for Managing Conflict.

What they said....

This masterclass was excellent! Filled with practical advice on how to apply and implement Interaction Styles in an organizational setting. Catherine's cards for each of the Styles are a great tool for clients to have handy at their desktop as they interact with others.

Cindy Paris, The People Skills Group

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

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

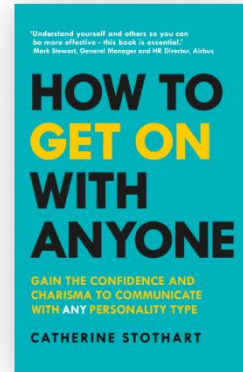
Sarah Perrott, MD Cresco Consulting

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 have found the whole thing very helpful. 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



Costs and Dates

Costs: £200 - €240 – USD \$275 – AUD \$380 - NZ \$400

Next dates:

Tuesday 21st March, 28th March, 4th April 2023 at 4pm UK (timed for UK and USA) **OR**

Wednesday 22nd March, 29th March, 5th April 2023 at 9am UK (timed for UK and Australia/New Zealand)

Last date for sign up: Monday 6th March 2023.

Catherine
Stothart

ESSENWOOD
CONSULTING

Interested?

Complete the Registration Form on [this page](#) on my website and I will be in touch with payment details. Course materials and Zoom registration will follow.

We will be using *How to Get On with Anyone* as a resource, which you can buy from Amazon and all good bookshops.

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I look forward to working with you!

Catherine