

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?

Two, 1.5 hour, online interactive workshops in groups of up to eight people who are qualified in personality type or coaching. One per week for 2 consecutive weeks, with recordings available. Up to one hour pre-work before each session.

The aim 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 – *Applications of Interaction Styles* - learn how to apply Interaction Styles to help your clients communicate with positive impact and influence, resolve conflict, and manage their stressors.

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.

Cost: £300 sterling / \$400 USD / €350 euro.

Dates: Tuesday 10th September 2024 and Tuesday 17th September 2024 at 4pm UK.

Find out more on my website at <https://essenwood.co.uk/masterclass/>

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!

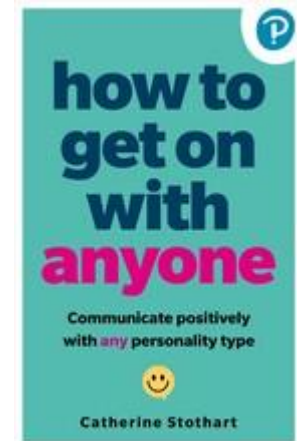
Anna Crollick, Coach and Business Psychologist

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

Interaction Styles is an area where she has deep expertise. Catherine is someone I admire and who is a credible expert on this cool topic.

Rob Toomey President, TypeCoach



**Last date for sign up: Monday
19th August 2024.**

Only eight places, so register
early to guarantee your place!

Interested?

Email me now on catherine@essenwood.co.uk. I will send you an invoice with payment details. Once paid, I will send you the course materials and Zoom link.

We will be using *How to Get On with Anyone* (2nd edition) as a resource, which you can buy from Amazon and all good bookshops.

I look forward to working with you! Catherine