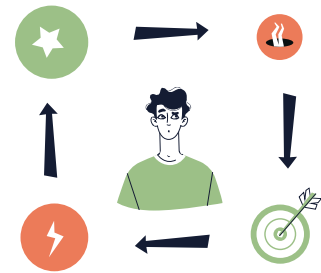


# Gaining insight into yourself and others with the core quadrant



## TRAINING

**Discover your qualities, pitfalls, challenges and allergies**

Why do you get annoyed by nitpickers or get the jitters from noisy colleagues? Maybe that gnat triggers something in you. Your lack of precision or diligence, for example. Or that noisy colleague gets on your nerves because you find it difficult to stand up for yourself. Believe us, you can learn a lot from others. They hold up a mirror to you: what you hate about them exposes your challenges. Touché?

Follow our active training course full of eye-openers and playful exercises! To make your personal and professional life a lot easier. And all of this via Daniel Ofman's core quadrant. This will give you insight into your strengths, focal points and growth opportunities as well as those of your colleagues.

The result? You will be able to assess team dynamics better and improve working together. Hallelujah!

## LENGTH

**half a day or a full day**

## NUMBER OF PARTICIPANTS

**between 4 and 12**

## LANGUAGE

**Dutch or English**

## LEARNING OBJECTIVES

**In a nutshell: what will you learn during the training?**

How a person's core quality, pitfall, challenge and allergy relate to each other.

How to discover your core quality.

What pitfall is lurking

What your challenge is.

What your allergy tells you about yourself.

How to give feedback in a constructive way when you are annoyed by a trait of the other person.

You can opt for a half day or a full day of training. The content remains the same. However, if you opt for the shorter version the pace will be a bit faster. During the full training day, there will be more practical cases.

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