

**Saturday Workshops Series - Personality Development**

*LifeSprings*

**Canossian Spirituality Centre**

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**A. An Introduction to the DISC Personality System**

*Price: \$35 Date: 16 Feb (9am-12nn or 2pm-5pm)*

People are simply different and the DISC Personality Systems explains that people are predictably different. This introductory workshop on the DISC Personality System will provide participants with the opportunity to discover their own behavioural tendencies through a self-scoring instrument. Participants will gain insights into the language of DISC and how this can be used in understanding others. The potential of the framework for supporting personal growth, leadership development, communication and interpersonal skills will also be explored.

**B. Discovering Your Biblical Personality Using the DISC Personality System**

*Price: \$70 Date: 23 Feb 2008 (10am-5pm)*

As Christians we are called to live lives of unconditional love, but this can be a real challenge when the next person is simply so different from who you are. This call is made easier if we only have an insight into how people behave and know why they do what they do.

In this workshop, the DISC Personality System is extended to and related to biblical personalities to refine our understanding of how people are predictably different. These insights can help us in developing relationships with increased empathy and commitment to better appreciate family members, friends and colleagues.

**C. Your EQ Edge:**

**An Introduction to Emotional Intelligence**

*Price: \$120 Date: 1Mar or 8 Mar (10am-5pm)*

The workshop introduces Dr Reuven Bar-On's comprehensive model of emotional intelligence through the use of the Emotional Quotient Inventory (EQ-i). Participants will complete an online inventory of 133-items, and a full personalised 20-plus page report will be presented and discussed at the workshop. Participants will enjoy hands-on activities to discover their emotional selves. Tips and techniques to manage emotions will also be shared. The awareness of one's emotional wellness will bring benefits in the area of emotional management to maximise one's life potential.

**D. Introducing the Myers-Briggs Type Indicator (MBTI)**

*Price: \$80 Date: 15 Mar (10am-5pm)*

The Myers Briggs Types Indicator as a psychological tool to describe personality based on preferences will be introduced and discussed at the workshop. Participants will complete a 93-question online assessment before the workshop through which hands-on activities will be used to facilitate participants' understanding of their personalized profiles.

**E. Exploring Your Spiritual Gifts Using the DISC Personality System**

*Price: \$70 Date: 29 Mar (10am-5pm)*

In this workshop, the DISC Personality System is used to facilitate participants' process of discovering their unique spiritual gifts. Participants will complete a spiritual gifts inventory, and discussion of the spiritual gifts will be centred around the DISC Personality System. This serves as a building block for choosing areas of service in the various church ministries.

## REGISTRATION FORM(2008)

### OUR LOCATION

Bus Service Nos. 61, 66, 157,174, 970 & 985. Alight at the bus stop on Jalan Jurong Kechil (Bus stop no. B09) or opposite (Bus stop no. B10) depending on which direction you are coming from. Go up a flight of steps near the bus stop (B09), follow the footpath out of the park and take a right turn, onto Jalan Selanting and walk to the end of that road into Canossian Convent. About 5-7 minutes walk from the bus stop.

If you are driving: turn left into Jalan Tekukur when on Jalan Jurong Kechil. Then take the first right turn into Jalan Selanting and drive to the end of that road).

Nearest MRT station: **Bukit Batok**. Transfer via bus No. 61 or taxi to LifeSprings.

### The Facilitator



Vivien's basic qualifications include degrees in Chemistry and Economics and two Masters degrees in Education from the Nanyang Technological University and University of Leicester, with respective specialisations in critical thinking and educational leadership and management. She has further complemented her professional studies with the Australian Catholic University's Graduate Diploma in Arts (Theological Studies) to support her interest in

church work. Her work of people development is rooted in her passion for relating with people, listening to their stories, helping them to know themselves and encouraging them to grow the life they desire. Having graduated from Corporate Coach U in 2003, she has worked with students and working adults alike. Her most enjoyable challenge thus far is to have her coaching practice Wits 'n Wisdom People Developers appointed to consult on the Spring-to-Life Coaching Programme, from 2005-2006, a social enterprise project of Canossaville Children's Home.

Vivien complements her coaching with a range of tools. She is a certified FUNdaMENTALS trainer, an accredited Coaching Clinic facilitator, a certified DISC behavioural consultant, a Myer Briggs Type Indicator (MBTI) administrator, a Hermann Brain Dominance Instrument (HBDI) practitioner and an certified EQ-i administrator. She is also an accredited associate of the US-based 6 Seconds EQ network. She uses these instruments and approaches in her coaching and training work to help people increase their self-awareness, manage their emotions, communicate and relate, and to establish clarity of mission and vision in life.

Energetic, curious and life-embracing, her interests are far ranging; from golfing to running, movies to choral singing, cooking to travel; she believes that it is experiences that stretch one's senses and an engaged intellect that defines a person, moving one towards wholeness.

Vivien's website: <http://www.witsnwisdom.com>

Please register me for the following (Please tick)

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\$35 16 Feb 2008   
9am-12nn   
Or 2pm-5pm
- B. Discovering Your Biblical Personality Using the DISC Personality System  
\$70 (with lunch) 23 Feb (10am-5pm)
- C. Your EQ Edge: An Introduction to Emotional Intelligence  
\$120(with lunch) 1 Mar (10am-5pm)   
Or 8 Mar (10am-5pm)
- D. Introducing the Myers-Briggs Type Indicator (MBTI)  
\$80(with lunch) 15 Mar (10am-5pm)
- E. Exploring Your Spiritual Gifts Using the DISC Personality System  
\$70(with lunch) 29 Mar (10am-5pm)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

Email Address: \_\_\_\_\_

Cheque made payable to Canossian Convent