



Embark on a Self-Development Journey designed for all contributors. A clear focus on better understanding ourselves. How do you show up at work and at home? What is your impact on others?

Our 2 modular program and personalized coaching helps individuals to reflect, explore and evolve as an individual. A deep dive into who you are and how you are seen by others.

At the heart of this program is personal evolution for transformative results. At the centre of this program lies a distinctive psychometric assessment equipping individual contributors with practical tools and daily strategies to better understanding themselves and those around them. This is a great introductory program for those wishing to better understand themselves and how they might want to build new opportunities for growth and development.

Our **Building Self Awareness program** has been used by clients across North America and Europe for over 8 years and directly supports front-line contributors.

This virtual learning program includes:

- 2 half-day modules of learning
- 2 x 1:1 coaching sessions
- Psychometric personality assessment
- Interactive online resources,
- Full access to LMS, and our unique reflection journals

Program highlights:

Explore your unique communication style and thinking process.

Develop a deep understanding of self-awareness and its crucial role in effectiveness

Uncover how your unique style might be perceived by others and how that can change over time.

Understand your personal driving forces and how these impact your relationships and overall well-being.

WHAT PARTICIPANTS SAY:

"Everyone should take this course to make them a more productive, and happy person.

"I learnt so much about myself. I was shocked to understand how my personal circumstances has shaped how I show I up at work. I now have an action plan."

"The lessons I've learned have helped me not just at work but in my personal life as well"

WHO BENEFITS:

Organisations creating a compassionate culture valuing well-being and personal self awareness

Individual Contributors looking to enhance their understanding of themselves and others

Individuals pursuing personal growth and improving leadership skills

READY TO DISCOVER A MORE HAPPY AND BALANCED PERSON WITHIN?

Enrol and transform your life journey today

Be the change you want to see in your organisation, redefining your approach to success with our Transformational Programs starts with more meaningful human connections.

About Change Innovators

For over two decades, Change Innovators has been at the forefront of catalysing personal and professional transformation. Our pioneering programs are grounded in neuroscience, data, and performance psychology and are proven to empower individuals, teams, and organisations with life-changing experiences.

READY TO LEAD WITH CHANGE?

Learn more at www.changeinnovators.com