

Recognizing Group Behaviour (Reed 1)

Group Training

Training code	CGARE1-2CD
Spoken Language	Dutch
Language Materials	Dutch
Dayparts	3
Price	€795,00 excl. VAT No extra costs.

What is Recognizing Group Behaviour (Reed 1)

Everyone exhibits preferential behavior in social situations.

This behavior has been developed in a complex mix of aptitude, education and experience.

The preferred behavior will occur when we come into contact with the other. Depending on our own estimation of a situation, we usually respond from a learned pattern.

That pattern is recognizable and visible in our actions, but does not always lead to desired reactions to the other.

Recognizing and changing this behavior is not easy. In order to be able to say that we need to have a language and realize that alternative options are possible; Even in indented behavior.

In this training we learn to work with a model that describes visible behavior, and on the basis of which we can recognize and change own preferences if necessary or desirable.

In the training we analyze our preferred behavior using the REED model (Rational Emotive Effectivity Development).

Based on this model, we learn which action alternatives are possible taking into account our own and other people's preferences.

Day part 1: Identify own behavior.

- Day part 2: Create REED model and link to own behavior.
- Day 3: REED model apply and analyze third party behavior.

Who should attend the Recognizing Group Behaviour (Reed 1)

The REED-1 training is intended for people who want insight into their own behavior and that of others. The purpose of this insight is to communicate better and to work better with people who

make other choices than you expect. The follow-up to this training is "Influence Behavioral Patterns - REED-2".

Prerequisites

Empathic Listening (conversation control).

Objectives

After the training, the participant is familiar with the REED model. With the help of this model, he / she is able to recognize his own behavior, to name it and to adjust where and when needed. The ultimate goal is to achieve effective behavior: appropriate to the situation and in harmony with who we are.

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