



SDI - Open Programme Workshop Outline

9.00am to 9.30am - Continental Breakfast On Arrival

1. Introductions, agenda and individual objectives
2. Overview of the SDI Emotional Intelligence model
3. Understanding our Motivational Values System and how our values, intentions, behaviour and perceptions can differ
4. Completion of the SDI questionnaire



Coffee break

5. "Trip around the Triangle" - discussion of the various Motivational Values Systems their strengths and "blind spots"
6. Questionnaire results - plotting individuals values systems on the SDI triangle and understanding what that means for each delegate
7. Understanding conflict and the likely triggers for each SDI values system

Lunch

8. The Conflict Sequence (how our values drive our behaviour when in conflict or under stress)
9. Interpreting the Motivational Values Systems of others
10. Group exercises and discussion to illustrate the new self awareness

Tea Break

- 11 Applications of SDI and your learning in the workplace
12. Group exercises and discussion
13. Action plans and workshop evaluation

Close - 4.30pm

[Until people start coming with instruction manualsthere's SDI](#)