

# Human Smoothie

## Overview

**Duration: One Day**

Human Smoothie gives you the magic formula to adapt and connect with those around you- the ultimate map to achieving success and happiness at work and at home.

This course provides a road map to adapt and connect to all the key people and situations in your work life using the psychological springboard provided by the work of Carl Jung, the famous Swiss psychologist.

## Description

This training course is useful for developing attendees who are interested in using ideas from Jungian psychology to enhance their communication, personal effectiveness and teamwork in a fresh and fruity way that is easy to remember and even easier to apply! The fruity metaphor is a fun and simple way to understand natural preferences and to learn about natural strengths, weaknesses and how to improve working relationships (internal and external). It is a tool for discovery, growth and self-development.

The key aim of the course is to give your participants a road map to adapt and connect to all the key people and situations in their life.

Topics covered:

- **Background to Jung's Personality Types** – Jung's theory suggests that we all have different psychological preferences which determine how we behave, interact with others and make sense of situations around us. This session will give your participants basic knowledge of the teachings of Carl Jung that will be helpful to clarify the philosophy behind this course
- **The Fruity Approach to Your Personality** – This session will help your participants learn about their fruity concoction and natural ways of dealing with life. It will help them understand why they excel in certain areas of life but struggle with others, and why they can handle some people and not others. It will also teach them how to adapt to characteristics of the less dominant fruits in their smoothie and how to deal with each scenario in the most effective way.
- **Your Fruity Relationship Map** – In order for your participants to gain the most out of their Human Smoothie they will need to look at themselves and the key relationships within the workplace, this may include internal and external relationships dependent upon the role. This is done by creating a relationship map and improvement opportunities via a development plan.
- **Review of Session** – Creating an action plan to embed learning.

**Who Should Attend?**

Anyone who wants to better understand their relationships with colleagues, family and friends.