

HEARTSTYLES

UNDERSTAND WHY WE DO THE THINGS WE DO AND PAVE THE WAY FOR BEHAVIOURAL CHANGE



Heartstyles | Associate

OVERVIEW

We want to help people understand how they show up to others. People who understand that their communication and behaviour may not always be received as they intended. We want to help people gain empathy and understand that there can, and will be a lot going on with others behind the scenes. We want to give people an understanding of why they, and others, do the things that they do.

To achieve this we don't use personality profiles or deliver definitive statements about who people are. Instead we utilise **Heartstyles**, a behaviour indicator and tool, to show them the steps they can take to become who they want to be.

A three week learning journey that gives participants a full 360 report based on 16 key behaviours. Backed up with group facilitation and one to one coaching to support them through the journey and to help plan any changes they need to make as a result.

WHO IS THIS FOR?

Organisations who want to help their people grow and create a common language for behaviour.

HOURS

4 hours of facilitation
4 hours of app learning

RECOMMENDED DELIVERY

Over 3 weeks

GET IN TOUCH



info@newwavelearning.com

Or reach us on our socials



+44 (0) 843 778 6317



NEW WAVE

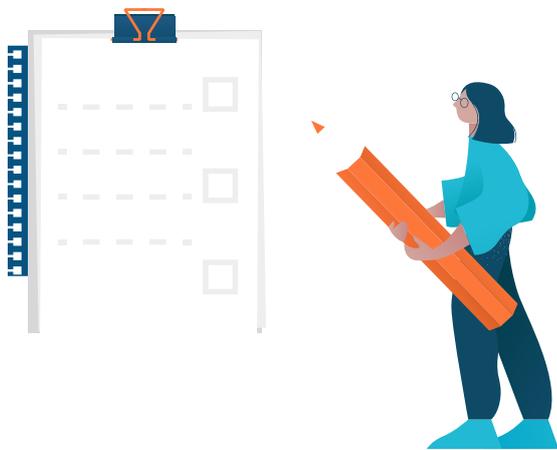
THE JOURNEY

STAGE 1 PRE-WORK

This programme starts with participants completing a Heartstyles indicator questionnaire about themselves. They then choose six colleagues (a mix of peers, subordinates and managers) to complete an indicator report about them.

STAGE 2 WELCOME TO HEARTSTYLES

A facilitated group session is held to introduce Heartstyles, the purpose of the programme and to share key insights into effective and ineffective behaviours.



STAGE 3 WHY WE DO WHAT WE DO

App content picks up exactly where the facilitated session ends for a seamless journey of video, quizzes and coaching sessions that provide participants with an understanding of why they do the things they do as well as some of the neuroscience behind Heartstyles.

STAGE 4 THE RESULTS ARE IN

Participants are now ready for their indicator results. We deliver these during a group facilitated session where we explore first impressions, host some peer to peer coaching and answer any immediate burning questions.

We give participants time and space with their reports, to fully digest them. Some short self and peer to peer coaching activities are provided through the app to help their thinking.

STAGE 5 PLANNING FOR THE FUTURE

We close the programme with individual one to one coaching sessions to really go deep with the reports and to help participants make an action plan for the future.

IMPACT



Build a personal and data driven Development Guide, outlining the steps needed to become your best self



Behave more effectively, at work and at home



Turn behaviours that define your business into something you can measure, manage and optimise



Unlock potential within individuals, teams and organisations

FEES

£7500* +VAT *per cohort of up to 10

For larger cohorts please contact us to discuss volume based pricing.

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NEW WAVE