



The Circle of Strength is a synthesis of Shelley Brierley's 30 years in the human relations field. Shelley brings a fresh perspective to the dynamics of personal, interpersonal and professional interactions. This workshop incorporates energetic, visual presentations with comprehensive theory and practical demonstrations.

The material provides participants with a unique, new conceptual frame of reference to better understand themselves, their behaviour and systems change. Perceptions and perspectives are key aspects addressed in this workshop. The awareness and recognition of the myriad of perspectives and differing perceptions that influence us, affects us and the dynamics involved in our interactions and our ability to act proactively. Concepts taught, provide participants with a means from which to become intentional in their interactions and to consider the long and short-term implications of behaviours for all involved.

### **Concepts Taught:**

- A means of understanding human motivation
- Key components in human relationships: beliefs, values and alignment of behaviours with the same
- Strategies which allow people to maximize their personal and professional relationships

**Demonstrates:**

- Two approaches from which to deal with a variety of situations
- Three angles from which to consider conflict & peace
- Three levels from which to view key patterns of behaviour : organizational, interpersonal and intra-personal
- skill sets to strengthen your ability to deal effectively with conflict

**Identifies:**

- Behaviour sets people use in conflict; within the self, with others, in couples and on teams
- Strategies more likely to diffuse conflict, which invite problem solving

**Creates:**

- A foundation from which individuals can determine their part in future interactions
- A map from which individuals can re-calibrate their approach to decision making and problem solving

**Assists People in Determining**

- Possible implications of perceptions, perspectives, thoughts and actions
- Their beliefs and values, aligning behaviours with the same

**Illustrates:**

- Differences between dependant, codependent and counter-dependant relationships
- Differences between reactive behaviours involved in dysfunctional relationships and active, intentional, behaviours involved in more functional relationships
- Behaviours involve in independent and interdependent relationships

- Strategies that invite others to move to their Circle of Strength™