



# BEHAVIOURAL ADJUSTMENT TECHNIQUES IN INTENSE SITUATIONS TRAINING

"Change your thoughts and you change your world." - Norman Vincent Peale

This course will explore various behavioural adjustment techniques that can help promote positive behaviour change in individuals. Participants will gain knowledge of effective strategies to promote self-regulation, such as communication techniques, positive reinforcement and cognitive development. Additionally, the course will provide insight into tactics for managing challenging behaviour and behaviour related issues. Participants will develop skills in developing functional behaviour assessments, creating and implementing behaviour intervention plans, and evaluating progress. By the end of the course, participants will have acquired the necessary skills and confidence to effectively adjust behaviours in different situations.

## Key Course Content:

- Use disassociation techniques and not take any situation personally.
- Communicate more effectively with all stakeholders  
Get critical information faster from other stakeholders.
- Apply stress debriefing techniques. Deal with angry and infuriated people.
- Build your intuitive skills. Identify signposts of an unsafe environment.
- Practice calming methodologies.
- Understand role boundaries and negate role ambiguity problems.
- Invent win-win solutions for both parties
- Learn relaxation techniques.
- Apply different approaches in conflict situations.
- Understand different personality styles.



## Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



## Duration:

This course is available as a 1-day or truncated half day course.



## Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



## Group Size:

We recommend a group size of 4-10 people.