

# How can we get along better?

## EVERY TEAM HAS ITS CONFLICTS BUT IT DOESN'T HAVE TO BE TOXIC



These workshops are designed to give everyone on the team the tools to better relationships in the workplace.

*"Thanks for your wonderful time with us. Staff are still talking about the thoughts you presented and many have instituted the one-minute meditation."*

Dr. Patrick Sullivan has learned that one of the biggest problems in the workplace is the lack of relationship building. We know that our relationships require effort, but somehow excuse ourselves from doing this at work. Through the use of self-awareness tools, mindfulness, and relational skill development, it is possible to have a more cohesive and successful team.

### ***Option 1: Two-Day***

#### **Day 1**

a.m. MBTI® (personality)

p.m. Kolbe Index® (Strengths)

#### **Day 2:**

a.m. Mindfulness

p.m. It's All About Relationship

### ***Option 2: One-Day***

a.m. Mindfulness

p.m. It's All About Relationship

### ***Option 3: Half-day***

It's All About Relationship

#### ***P & D Consulting***

16 Big Dipper Drive  
Clancy, MT 59634

(406)544-5527 [pndresearch9@gmail.com](mailto:pndresearch9@gmail.com)

[www.panddconsulting.com](http://www.panddconsulting.com)

Please call for cost and scheduling ► ► ►