

Understanding Your Personal Work Style

A Free Workshop Sponsored by
The State of California's Employee Assistance Program



Over time, all of us have developed certain patterns of behavior – distinct ways of thinking, feeling and acting. Within the work environment, these behavioral patterns tend to fall into certain work style categories. Using the Work Style Inventory, you will develop an awareness of your own behavior tendencies and work style as well as those of others. In this workshop, participants will learn strategies to communicate and interact with others for maximum productivity and harmony in the work environment.

Attend This Workshop and Learn These Skills:

- **Recognize the importance of individual work styles**
- **Describe the four categories of work**
- **Learn Communication Strategies & Techniques**

March 27, 2014 • 10 - 11 am
Department of Transportation
1976 E. Dr. Martin Luther King Jr.,
Blvd
Stockton, CA 95205

April 3, 2014 • 1 – 2 pm
Department of Developmental
Services
Canyon Springs Community Facility
69696 Ramon Road
Cathedral City, CA 92234

Who Should Attend:

These workshops are free to State employees and reservations are not required. Seating is on a first-come, first-served basis.

Before planning to attend, employees should ensure supervisor's approval.

Please provide two week notice for special accommodations.

At many facilities parking is not provided, please plan accordingly.

Contact your departmental EAP coordinator for additional information.

