

Mutual Rights

A Program on Effective Behaviour

Duration: 16 Hours (2 days)

Batch Size: 16 – 18 participants

Level: Junior and Middle

Overview: The most common answer to the question -"Which is the best behaviour?"- is "Assertive Behaviour". WRONG! Depending on parameters such as Time, Relationship and the situation itself, the behaviour that is most appropriate need not be Assertive. This program helps participants modify their behaviour for increased effectiveness in interactions.

Program Focus

- Behavioural types
- My Behaviour
- The Effective Behaviour Framework
- Effective Behaviour in action

DNA: *Behaviour Modification*

