

Developing Productive Relationships in Your Work Group

Guidebook

Your Name: _____

Your Work Group: _____

Date: _____

A Guided Relationship Workshop
From Advanced Awareness

Author's Message to Participants

Advanced Awareness programs do not deal with psychological or medical influences on lasting happiness. Nor do they include psychotherapy. All of this is better left to the physicians, psychiatrists and psychologists.

Advanced Awareness programs do teach a simple but highly effective method of harnessing positive energy that can help anyone, from adolescents to seniors, learn how to improve lasting happiness in their life. It incorporates three well-accepted scientific theories: 1) Personality Temperaments; 2) the Science of Happiness; and 3) the Physics of Energy. Participants learn how to utilize the power of positive energy in creating a happier life within themselves and in their important relationships.

*May your Path of Advanced Awareness be filled with the positive energy of love.
Veeder South III, PhD
Laguna Beach, California*

Developing Productive Relationships in Your Work Group Guidebook

Price: \$35

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Developing Productive Relationships in Your Work Group

I would like to introduce you to this guided relationship workshop from Advanced Awareness that will help the members of any work group learn a new way to increase teamwork and productivity in their workplace. The workshop is facilitated by a qualified guide that will lead a work group through the two sessions of this Guidebook. In Session 1, group members work independently through the “Individual’s Guide to Lasting Happiness” as they learn how to personally create greater happiness within themselves. In Session 2, group members work together through the “Your Guide to Developing Productive Relationships in Your Work Group” as they discover how to utilize the power of positive energy to improve teamwork within the group that leads to increased productivity. Participants learn how to harness positive energy within themselves and in their work group relationships as they follow the Path of Advanced Awareness to a happier and more productive work experience.

*This **“Developing Productive Relationships in Your Work Group”** relationship workshop is intended for:*

- 1) any work group interested in creating a happier and more satisfying workplace.*
- 2) a manager or supervisor looking to improve working relationships in his or her work group that leads to greater teamwork and increased productivity.*
- 3) a manager or supervisor seeking a new way to help individual members of a work group learn how to work more effectively together.*

The standard number of workshop participants in this Guidebook is limited to 20 work group members. However, larger groups can be accommodated upon request.

This productive relationship workshop is designed for work group members to work through the Guidebook together facilitated by a knowledgeable guide. Dr. South and other qualified professionals are available to guide a workshop. Here is a summary of Dr. South’s background: Dr. South earned his PhD at UCLA in Energy and Kinetics. He has worked with clients of Advanced Awareness for the past 15 years. He was an associate professor at California State University, Northridge School of Engineering for 6 years where he was twice named outstanding professor of the year by the students. He has started and managed four successful small businesses in his career. Dr. South has written two books on lasting happiness in relationships in addition to this and other relationship Guidebooks.

For more information, to request a quote or to learn how to become a guide for this workplace relationships workshop, please contact Dr. South by text or via e-mail.

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Author: “The Path of Advanced Awareness to Conscious Relationships”

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SESSION 1: INDIVIDUAL'S GUIDE TO LASTING HAPPINESS

Section 1.1 Introduction

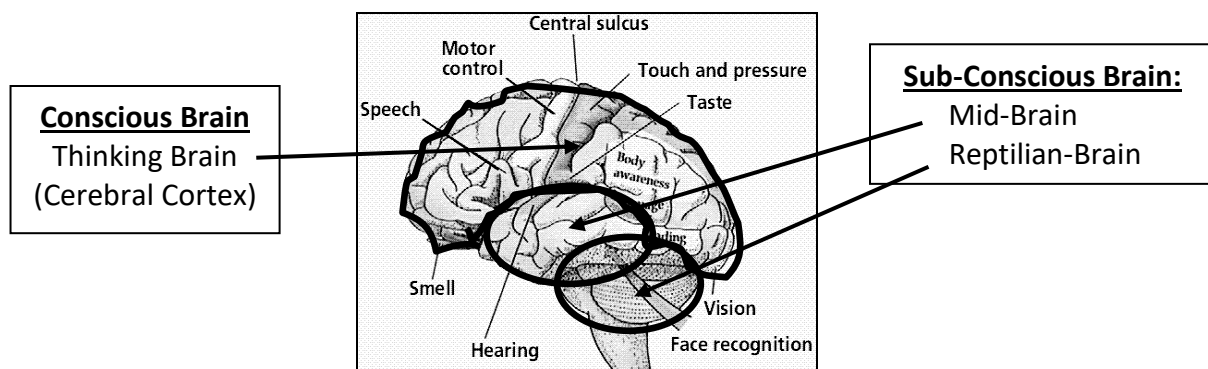
"Most folks are about as happy as they make up their minds to be." - Abraham Lincoln

What is Happiness? - How about contentment, excitement, satisfaction, bliss, love, joy, etc. Notice that these words don't really define happiness, they simply try to convey what happiness feels like. The truth is, happiness cannot be defined in words, it can only be sensed. We naturally sense when we are feeling happy because happiness makes us "feel good". If our senses are the only means of determining whether we are happy or not, maybe we have the option of interpreting our senses as we choose to. Perhaps our feelings of happiness depend to a great deal upon how we interpret what's happening around us. That's what Abraham Lincoln thought.

The Scientific View of Happiness – The "Science of Happiness" has determined through research that lasting happiness evolves from balancing and satisfying three general areas in life. These are:

1. Pleasure – this is the "smiley face" part that triggers dopamine and other "feel good" chemicals in the brain. It is short-term but keeps life interesting.
2. Healthy Relationships – this relates to the depth of involvement with family, friends, partners, work groups and other personally interactive activities. Healthy personal relationships have been found to highly correlate with lasting happiness.
3. Meaning – this has to do with using personal strengths to selflessly serve some larger purpose in life.

Energy and the Human Brain - There are approximately 100 billion brain cells (called neurons) that make up your brain. These neurons have intertwined since birth into billions of strands called neural networks. Throughout life, neural networks organize, reorganize and reinforce themselves again and again in response to new stimuli and new learning experiences. This body/mind interaction is what stimulates brain cells to interconnect in complex ways to control physical energy in the body as well as mental energy in the brain.



The Human Brain

Physical and Mental Energy - About 70% of the total energy we take in through eating, drinking and breathing is used by our body as physical energy. Physical energy is the energy we use to run, jump, work, play, laugh, cry, operate organs, cause muscles to move, and so on. The other 30% of our energy intake is converted in our brain into mental energy, most of which is used in our sub-conscious reptilian brain to control physical energy within our body. A small amount of our mental energy is used in our sub-conscious mid-brain to naturally encourage us to maintain physical and mental health through eating, drinking, seeking shelter, seeking a mate, resting, etc. Another small but very important amount of our mental energy is used in our conscious brain for thinking. The way we prefer to use mental energy for thinking is defined as **our personality**. We are going to learn much more about our personality and how it relates to lasting happiness in life throughout this Guidebook.

Negative Energy: The Mental Energy of Fear and Unhappiness - Unhealthy psychological fears that remain alive in our mind can keep us trapped in unhappiness. Feelings of anxiety, unease, tension, stress and worry are all sources of negative energy associated with fears about the future. Feelings of guilt, regret, resentment, grievance, sadness and bitterness are all sources of negative energy associated with fears about the past. Unhealthy fears in our mind are potential sources of negative energy that are the root cause of unhappiness in our life.

Positive Energy: The Mental Energy of Love and Lasting Happiness - Whenever we choose to rise above our ego-based fears, we have the ability to access a state of Higher Consciousness within us that provides an unlimited source of positive energy, the true essence of love. The positive energy of love has the power to dilute and eventually eliminate any negative energy of fear that may be causing unhappiness in our life. As we bring more and more positive energy into our life, we are more and more able to deal with life's difficulties in a positive and healthy manner that leads to a much happier life.

The Power of Love - Studies have found that consistently implementing the positive energy of love in whatever life situation we find ourselves in is a major factor in creating lasting happiness in our life. When we choose to view our so-called "negative experiences" as "positive opportunities for growth", we are practicing "positive thinking". Positive thinking uses the positive energy of love to dilute (and eventually eliminate) the negative energy of fear whenever it appears. Eliminating the negative energy of fear more and more from your life is the key to lasting happiness. This is the Path of Advanced Awareness. This is the path of love.

Happiness Prescription

"You are responsible for your own happiness."

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SESSION 2: YOUR GUIDE TO DEVELOPING PRODUCTIVE RELATIONSHIPS IN YOUR WORK GROUP

Section 2.1 Personality Temperament Pairings in Your Work Group

When two people interact, they are exchanging mental energy through their personality temperaments. If their dominant personality temperament rankings “Match”, they are likely to get along well together much of the time since their dominant thinking preferences are similar. If they match in both their dominant and secondary rankings, they are likely to get along well even more of the time. And in the somewhat rare case (but not impossible) where they match in all four temperament rankings, they are likely to think alike most of the time and get along very well together as a result. Wherever personality temperament rankings “Don’t Match”, these are the areas of consciousness where personality conflicts and disagreements are most likely to occur.

Personality Temperament Rankings Table for Your Work Group – Let’s start by listing the individual Personality Temperament Rankings for each member of your work group on the following page.

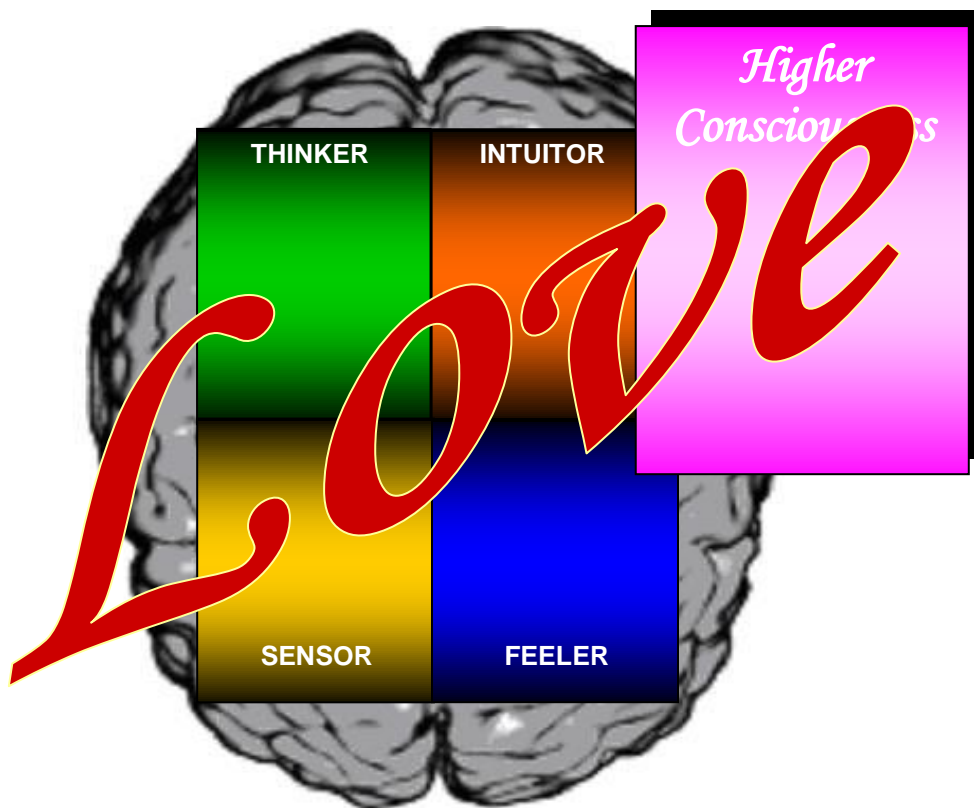
<i>Analytical Strategic Implementer Theoretical Self-Knowledge Discoverer Fair Objective Detached Tough-Minded</i>	<i>Practical Hands-on Obsessive Traditional Organizer Formal Planner Resolute Structured</i>	<i>Adventurous Innovative Unique Likes Change Visionary Courageous Takes Charge Idealistic Pleasure-Seeking</i>	<i>Social Sentimental Personal Sensitive Sympathetic Intimate Friendly Emotional Tender-Hearted Tactful</i>
THINKER (T)	SENSOR (S)	INTUITOR (I)	FEELER (F)

The Personality Temperament Rankings Table that follows allows you to discover at a glance which work group members are likely to think similarly to the way you think, and which group members are likely to think differently. This table helps identify work group members that you are naturally likely to get along well with. It also helps you identify work group members where thinking differences could lead to disagreement and conflict between you. Personality conflicts that are not handled in a positive manner (by implementing positive energy) can unleash negative energy into your work group that could greatly impede teamwork and productivity. You can become aware of personality differences with any group members from the Personality Temperament Rankings Table on the following page. This will help you to be prepared to implement positive energy with those group members if the negative energy of conflict and disagreement arises in your interactions with them.

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The Path of Advanced Awareness

The Path of Advanced Awareness is a lifelong spiritual journey from fear to love. Feelings of lasting happiness come from continuous progress along your path, not on reaching some unrealistic goal. Don't always expect to feel happy as you travel your path. Don't be surprised if you sometimes fall out of spiritual integrity. That is human. We all make mistakes. The idea is that whenever you have temporarily lost your way, you simply pick yourself up, get back on your path, and do better the next time. This is how you grow. This is your path to Lasting Happiness.



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