# CDU Receipt

**Reducing Trauma and Drama Through Understanding Personality Styles**

Chaos, trauma, and drama due to communication breakdown is one of our biggest issues facing organizations, communities, and families today. In this fun and engaging session, the audience members will learn how to recognize strengths, weaknesses, fears, stress triggers, communication preferences, and motivators for each of the personality styles so that they can build resilency, reduce stress, and create drama free environments.

This session is especially empowering if organizations are dealing with team members that are disengaged, are having a difficult time dealing with change, and/or are dealing with drama and trauma as it relates to communication.

**ID:** IIBACIC2017\_11  
**Contact Hours:** 1.5

**BABOK Coverage:**  BABOK Ch 9 – Underlying Competencies

## Presenter(s)

**Jen McDonough**, Author and Motivational Speaker

## Event Details

## **Date:** 16-Nov-2017 at 11 am

**Sponsor:** P3

**Host:** Hoyt Sherman

**Location:** Hoyt Sherman, 1501 Woodland Ave, Des Moines, IA 50314

# Validation

This receipt is proof of attendance at the meeting described above by the following individual:

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Attendee Name