



# 1-on-1 Development

Why is it that some learners thrive in a classroom environment with group activities and interaction while other learners need time to absorb, reflect, and build trust with the instructor? Much of it has to do with our learning style, level of introversion vs. extroversion, and the learning goal.

One-on-One development sessions use a mentorship-style approach to develop individuals over the course of several sessions. This allows the training to be personalized to address a specific skill all while providing time to absorb and practice.



## WHO IS THIS FOR?

One-on-One development is ideal for newly promoted leaders, emerging talent, or individuals with a specific learning goal.



## WHAT PARTICIPANTS WILL LEARN

One-on-One development sessions are customized to meet specific learning goals. Below are a few examples:

- Self-Awareness – Personality preferences and behaviors using the Myers-Briggs Type Indicator assessment.
- Goal-Setting – Creating goals and development plans with regular check-ins.
- 1-on-1 Book Club – Structured reading assignments and guided discussions.
- Presentation Skills – Developing confidence when leading meetings or presentations.
- New Leader Development – Learning how to influence and effectively lead others.

