

Coaching and Training from External Organizations

BIRKMAN METHOD

What is the Birkman Method?

The Birkman method is an assessment tool that uses decades of research to provide information on a person's **motivators, needs, usual behaviors, and stress behaviors**. This helps individuals understand what types of assignments give them energy and which drain their energy. It also makes people aware of their (often hidden) needs in the workplace and how to recognize when those needs are and aren't being met. It also helps people understand and address the root causes of tension and conflict between team members. This information is vital for both individuals and their supervisors to know.

What is the process?

Each person who registers will be sent a link to complete the Birkman questionnaire (~40 minutes). They will then receive a report with their results and have a 90-minute conversation with a certified UVU Birkman coach, who will help them interpret and understand their report. If registration is done at the team level, there will also be a 2-hour team building meeting included in the registration and an additional coaching meeting with the team leader.

How much does it cost?

To help cover a portion of the cost incurred by the institution to administer the questionnaire and pull reports, there is a \$100 cost per person. All training charges are done through department index transfers.

How do I sign up?

Registration can be done on an individual or team level. We highly recommend teams participate in the Birkman Method together, as there are significant benefits to team members, especially supervisors, being aware of each other's results. To register, complete [this survey](#). A certified Birkman coach will reach out within one week to schedule your questionnaire and meetings. For any questions regarding the benefits or logistics of Birkman, email Justine Gamble at justine.gamble@uvu.edu.

ONBOARDING STAFF

What is Getting Things Done?

Getting Things Done (GTD) is an 8-hour training teaches skills to manage the constant flow of requests, tasks, and interruptions people face at all levels of organization. By learning how to capture, clarify, and organize incoming requests, people are more likely to make strategic decisions about where to invest their time and energy, focus on the right priorities, and prevent critical projects from slipping. They are also less likely to experience stress and burnout.

How much does it cost?

To cover a portion of the cost incurred by the institution to purchase manuals, there is a \$150 cost per person. All training charges are done through department index transfers.

How do I sign up?

Next workshop will be held in person on **July 11, 2023 from 8:30 a.m. to 4:30 p.m.** To register fill out the [registration form](#). Reach out to Brooklynn Slade at bslade@uvu.edu to schedule a team training.

INFLUENCER

What is Influencer?

Grounded in 50 years of social science research, the 2-day [Influencer Training](#) goes beyond corporate perks and charismatic personalities to teach a method for changing ingrained human behavior. Learn how to apply multiple sources of influence to change behavior through instruction, practice, and application.

How much does it cost?

To cover a portion of the cost incurred by the institution to purchase manuals, there is a \$150 cost per person. All training charges are done through department index transfers.

How do I sign up?

Next workshop will be held in person on **June 28 and 29, 2023**. To register fill out the [registration form](#).

REVIEWING STAFF

What is Crucial Conversations?

Crucial conversations skills represent the standard in effective communication and the marker of high performance individuals and organizations. The 2-day course teaches nine powerful skills for working through disagreement to achieve better results.

How much does it cost?

To cover a portion of the cost incurred by the institution to purchase manuals, there is a \$150 cost per person. All training charges are done through department index transfers.

How do I sign up?

Next workshop will be held in person on **June 7 and 8, 2023**. To register fill out the [registration form](#). Reach out to Daniel Delgadillo at Daniel.Delgadillo@uvu.edu to schedule a team training.