



# Learn about

## BRAIN-BASED SOCIAL STYLES™

a personality trait and behaviour training course.

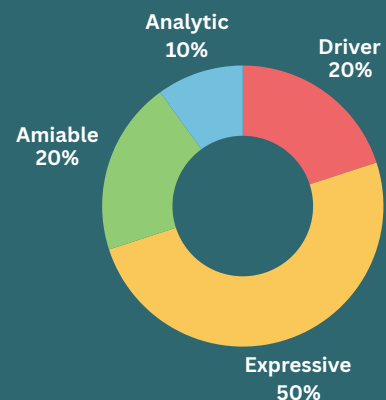
Each individual is born with a specific style which is called a primary Social Style. Individuals also have a secondary, third and fourth style which makes them unique. Some people have all four styles as dominant styles. In addition to Brain-based Social Style™, factors such as culture, beliefs and upbringing contribute to each person's uniqueness.

### OVERVIEW



In this course you will learn about Brain-Based Social Styles™ and its related report. How neurological preferences shape the way individuals communicate, connect, and respond in work, family and social situations. The following will be covered in the course.

Results highlight the dominant patterns and reveal how unique strengths and preferences influence the way each style thinks, communicates, and interacts with others.



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### BEHAVIOURS OF EACH STYLE

The key behaviours of each style outline how individuals typically act, react, and engage with others based on their dominant social style.



### STYLES WHEN LEADING AND FOLLOWING

Leading and following explore how each style shows up when leading and following, highlighting the distinct strengths, tendencies, and approaches individuals bring to both roles.

### COMPATIBILITY OF EACH STYLE

The compatibility of each style explain how different social patterns interact and what combinations tend to create harmony or tension.



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### COMMUNICATION AND LISTENING PATTERN

Each style has a preferred communication approach and listening pattern, highlighting how individuals express themselves and interpret others in work and social interactions.

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### BACK AGAINST THE WALL

At times individuals find themselves with their back against the wall. This explains how each style behaves when their back is against the wall, revealing typical stress responses and defensive patterns.



### WORK STYLE

This explains the outline of each style's work style, showing how individuals prefer to plan, prioritise, and perform tasks in a professional setting.



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### PACE AND PRIORITY

Pace and priority highlight how each style value relationship and pace, illustrating how individuals manage their speed of work and what they focus on most.



### EACH STYLE'S APPROACH

Explore each style's approach to conflict, tact, patience, and decision-making, revealing how individuals navigate challenges and interact under pressure.

### VERSATILITY

The concept of versatility shows how effectively each style can adapt their behaviour to connect with and influence others.



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### YOUR MAKE-UP

This section examines your make-up in terms of physical, mental, and spiritual aspects, showing how each dimension contributes to your overall well-being and behaviour.

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### APPROACH AND AVOID STATES

Approach and avoid states reveal the situations each style is naturally drawn to and those they tend to steer clear of.



### NEUROLOGICAL

Exploring the neurological basis of behaviour, highlights how brain function influences thinking, decision-making, and social interactions.

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### CONTACT US

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