

90 Minute Leadership



OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our "90 Minute" leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture. The next session is:



"Co-created Relationships and the Drama Triangle"

In all relationships there is the potential for us co-create a way of communicating that seems to follow a pattern and fails to satisfy either party to the relationship. In these conversations we get a sense of déjà vu and we may ask ourselves, "How did that just happen again?" In this session, participants will be introduced to the Drama Triangle as a way of understanding the content and process of these conversations. Participants will be given guidelines of how to change their style to avoid these repetitive conversations and develop new strategies which will lead to more productive outcomes.

Who will benefit from attending this session?

Leaders who want to understand their reactions to challenging situations and patterns of behaviour in relationships.

Speaker:

Dr Sandra Wilson, The International Centre for Business Coaching

Date:

Tuesday 26th August 2025

Time:

08:30am - 10.00am

Register for the session – <https://link.webropol.com/ep/onlineleadershipaugust2025dramatriangle>