I-OPT WORKSHOP

I-OPT is a validated self-assessment tool that measures how a person perceives and processes information. How someone perceives and processes information has a profound impact on what motivates a person, how a person sees an issue, and how that person interacts with others on team projects. Understanding one's own I-OPT Profile makes it possible to be more self-aware. Understanding another's I-OPT Profile helps predict how he or she will approach any given situation.

SGR I-OPT Workshops
Each workshop can be customized to fit the needs of the team, and can be done in person or virtually via Zoom. We have found this workshop to be very helpful in strengthening teams, creating camaraderie, and developing more self-awareness. A typical workshop is very interactive and will usually include these elements:

- Four basic I-OPT style overviews
- Personal copy of your unique I-OPT report
- One on One Conversations
- Focused Emotional Impact Report discussion
- Team I-OPT Profile discussion
- Focused "Leader's Pull" discussion
- Focused discussion on insights to improve teamwork

For more information on having an SGR Team Building Workshop using the I-OPT Assessment, please contact SGR at Training@governmentresource.com