



Interpersonal dynamics

” For **pdp**, interpersonal dynamics is the art of building authentic connections and fostering collaboration within teams and organizations. Rooted in generative leadership principles, i.e. creative, innovative and risk-taking, it emphasizes emotional intelligence, effective communication, and leveraging individual strengths to create environments where people and teams trust each other.

By integrating advanced behavioural insights, targeted coaching, and tailor-made workshops, we help organizations benefit from opposing views, align around shared objectives, and unlock their collective potential toward long-term robustness. ”



The benefits of enhancing interpersonal dynamics

- **Drive emotional change:** Foster a culture of emotional intelligence, enabling individuals to accept their emotions and vulnerability, leading to positive and productive interactions
- **Resolve conflicts:** Equip teams with tools to address and resolve conflicts constructively, transforming challenges into growth and collaboration opportunities
- **Align teams:** Create shared clarity and purpose by aligning team objectives with organizational goals, ensuring that everyone contributes, according to their ability, to achieve the desired outcome
- **Leverage a positive attitude:** Cultivate a mindset where individuals are invited to express their talents to stimulate creativity, risk-taking and innovation
- **Increase personal and team awareness:** Develop a deeper self-awareness and understanding of team dynamics, empowering individuals to adapt, connect and thrive in diverse work environments, to reinforce organizational robustness and sustainability

Examples of our programs

- Generative coaching
- Tandem coaching and mediation
- Stress management and mindfulness
- Team alignment workshops
- Interpersonal communication training
- Emotional change management workshops
- From perceptions to solutions workshops
- Developing tolerance to ambiguity
- Postural leadership training
- Relational/HR audit