

# TEAM-BUILDING



Evaluation of the goals common for the team. Profiling of the potential team members. Prediction of team interaction. Resolution of conflict and stressful situations. Trust between employees, common motivation, distribution of roles, horizontal connections within the team.



Concept of three levels of mindfulness is a comprehensive psychological approach and creation of a holistic portrait of a person. It unites all the existing psychological schools and gives an image of a person without extremities and obsession with detail. It allows conducting precise diagnostics at any stage of personal development.

The author of the concept: Karina Veingard, Doctor of Psychology



According to the concept, there are 81 basic psychological types. All types are divided into three groups based on the dominant level of the psyche – substantive, associative or metaphoric. Homogeneous teams consist of people of the same dominant level of mindfulness, mixed teams comprise people of different levels. Homogeneous teams are good for narrow goals, mixed teams for complex and dynamic goals. Mixed teams are formed from people of different levels of mindfulness in different proportions based on the tasks assigned to the team.

For the success of the team, the candidates should be selected not only by their competencies but also by their level of mindfulness.



Concept of three levels of mindfulness allows determining the essence of people regardless of their typical behavioural patterns, position and opinion about themselves.

The test for determining the level of mindfulness can't be deliberately falsified.



Clients: members of royal families and families of the first persons of the states; politicians, members of governments and advisers to heads of state; senior officials of the UN and other international organizations; owners and top executives of international corporations in many areas.



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