

Insights into Personal Effectiveness

Course Overview

Insights® into Personal Effectiveness is an introduction to the Insights system and the Insights Discovery® Personal Profile. It is fun and interactive which leaves participants with a language and framework for understanding themselves and others which they can put into practice immediately. Using each participant's Insights Discovery Personal Profile, the programme enables everyone to understand their own personality better, to identify other types of personalities and adapt to different communication needs. The use of our four Insights colour energies: fiery red, sunshine yellow, earth green and cool blue creates a memorable common language and framework on which participants can base their interactions in future

Course Structure

The course is one-day and combines presentations with interactive session

Prerequisites

None but delegates are required to complete their Insights evaluator prior to the workshop date

Target Audience

Anyone who could benefit from a better understanding of themselves and how to communicate with colleagues more effectively

Course Content

The Power of Perception
The Insights Colour Energies
Jung's preferences
The Eight Insights Types
The 72 Sub-Types
Recognising Others' Styles

Adapting and Connecting techniques
Colourful Interactions
Keys to Success
Action Planning
Insights Discovery Personal Profile

Cost

£400.00 + VAT per person