

EFFECTIVE LEADERSHIP INSIGHTS

OVERVIEW

©INSIGHTS Discovery is a global, powerful personality profiling system that provides a framework for individuals and teams to understand themselves and others more effectively. It is a memorable, fun and fascinating introduction to the Insights Discovery learning systems.

The process explores the appreciation of one's uniqueness within a team, whilst also recognising the value of personality differences. It provides a paradigm shift that improves people's interpersonal effectiveness and enables them to develop strategies to recognize, adapt and connect with others more deeply. It creates a common language that encourages and promotes effective interpersonal engagement and allows individuals to explore their areas of strength and development.

KEY OUTCOMES

- *Who am I:* Understanding the 6 preferences, exploring INSIGHTS colour energies, identifying your style and recognising other people's preferences
- *Building Connection:* Developing strategies for engaging effectively with others
- *Lessons from the Other Side:* Recognising our opposite type and understanding our shadow
- *Tips and Tricks:* Tools for setting goals, giving feedback, managing bad day behaviour

WHO SHOULD ATTEND

©INSIGHTS workshops are designed as a journey of self-discovery that allow individuals and/or teams to understand themselves and others more deeply.

DURATION

Series of 4 workshops, 2 hours each.

DETAILS

Workshop 1 is the foundation for the other workshops and needs to be completed prior to attending the rest.