

Indicative session agenda

The Introduction to Insights Discovery session is designed to help team members build greater understanding of themselves and their colleagues so that they can have more respectful, productive and positive working relationships, even across virtual boundaries. By knowing each other's personal preferences, team members can better meet the needs of their colleagues in meetings, when collaborating on projects or under pressure, and even in everyday conversations.

The Insights Discovery session can be either a half day, or full day event. Learners will be guided through the engaging learning content. The session is supported by a pre-session e-module and a digital personal profile that your learners can use to achieve the learning objectives. At the end of the session learners will be able to:

- State the value that each colour energy brings to performance
- Use the language of the four colour energies to describe preferences in self and others
- Recognise colour energy preferences in others
- Identify actions to improve connection with others
- Set a balanced goal for personal development related to communication, connection, or interactions with others

Proposed Full Day Agenda

The Insights Discovery model

- Perception
- The four colour energies of the model
- Jungian preferences of Introversion and Extraversion, Thinking and Feeling and Sensation and Intuition

Understanding the four colour energies

- How to recognise the colour energies in yourself and others

The Insights Discovery Personal Profile

- Reviewing validity & connecting with the profile
- Exploring the overview page
- Explaining the graphs & preference flow

Adapting to connect

- Recognising types
- Adapting and connecting with your team members

Team Effectiveness

- Identity the stop/start actions of the team
- Individual value to the team

Action plan

- How to apply this knowledge of self and others in the workplace