

Insights® Discovery

An engaging, reinforcing and transformational insight into yourself and others. Insights® Discovery provides profiling tests and tools using a unique colour system to identify personal preferences and those of your colleagues.

Overview

Facilitators, coaches, human resource specialists and psychologists acknowledge and recognise the value of Psychometric (behavioural) profiling tools in assisting individuals to gain insight into their strengths, areas for development and potential blind spots. The Insights® Discovery system works with a person's personal preferences in terms of attitudes (introversion/extroversion), rational functions (thinking/feeling) and irrational functions (sensing/intuition).

Key Outcomes

- Know and understand yourself and others better and so improve your personal effectiveness
- Inspire and facilitate your own and others' self-awareness, personal development and growth
- Learn a common language of understanding and interaction that enhances communication
- Gain a new perspective on yourself and others that dissolves limitations and expands possibilities
- Empower yourself and others to recognise, value and optimise the benefits of difference

Course Outline

- Examine the dynamics of how a team operates
- How recognising and valuing differences can empower you as an individual, a team and as an organisation
- Examine team dynamics, taking into account personal preferences including communication style and approach to working
- Discover your personal style, preferences, strengths, weaknesses and how this all impacts on your relationships in personal and business environments by examining your Insights® Discovery Personal Profile - provided for each delegate as part of your package

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making improvements actually happen

The system can be used as a basis for an interpersonal effectiveness programme, leadership development, improving results, or a facilitating change workshop.

Insights® Discovery focuses not just on knowing yourself but also on recognising others, adapting your style and connecting accordingly. This makes Insights® Discovery an extremely useful tool in improving interpersonal effectiveness.

Transform the interpersonal dynamics, productivity and culture at your workplace

This training helped me to understand how to communicate better with people who are very different to myself.

Course Participant



Key Points

- One Day Course delivered in partnership with Insights Discovery
- Contact Enable East on 01206 287543 or email enableeast@enableeast.org.uk