

Personal Effectiveness

Programme with Insights Discovery®



DEVELOPMENT

Are you searching for an inspiring personal development experience?

ADAPT AND CHANGE

Do you want to improve the personal dynamics of your people?

How can you help individuals to better understand themselves?

PERSONAL IMPACT

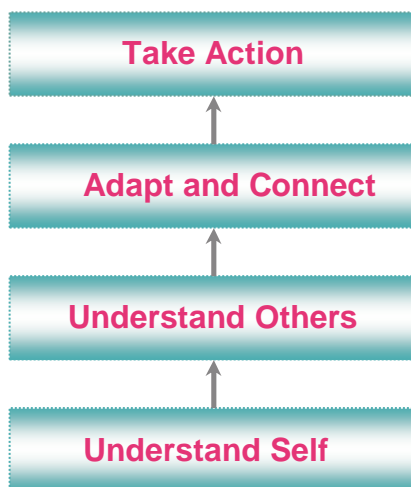
Are you looking for a way to help individuals understand their personal impact?

THE PROGRAMME

The Personal Effectiveness Programme provides an introduction to the Insights Discovery® learning system and the Insights Discovery® Personal Profile.

The approach is fun and interactive, and gives participants a language and framework for understanding themselves and others better which they can put into practice immediately.

The Programme explored the following simple model:



PROGRAMME OVERVIEW

- ✔ The power of perception
- ✔ The Insights colour energies
- ✔ Recognising your own and others' styles
- ✔ Adapting and connecting techniques
- ✔ Action planning and keys to success

Using each participant's Insights Discovery® Personal Profile, the programme enables individuals to understand their own personality better, to identify other types of personalities and adapt to different communication needs. The use of four 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 the future.

The Personal Effectiveness Programme is tailored to customer requirements, and can range from a 90-minute executive briefing to modular sessions over a period of weeks and months.

It is ideally suited to being combined with our other programmes such as the Essential Coaching Skills Programme and the Energising Work Programme.

SUMMARY

- ✔ Memorable, fun and fascinating introduction to the Insights Discovery learning systems
- ✔ Each participant receives their own Insights Discovery Personal Profile
- ✔ Interactive and participative approach which accommodates all learning styles
- ✔ Enables participants to improve their personal relationships immediately
- ✔ Creates a positive common language enabling people to discuss personality and preference and the differences between people in a positive way
- ✔ Participants learn about their strengths and areas for development and how to be more effective

Our Clients Say:

"It was brilliant. The training was superb, a lot was learnt and the way the training was delivered was fabulous!"

Motivational Leadership Ltd
The Chapel House
High Street
Chapmanslade
Wiltshire
BA13 4AL
T: 0845 123 3959
info@motivationalleadership.co.uk

www.motivationalleadership.co.uk