

# Personal Effectiveness Programme

with Insights Discovery®

Are you searching for an inspiring personal development experience?

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

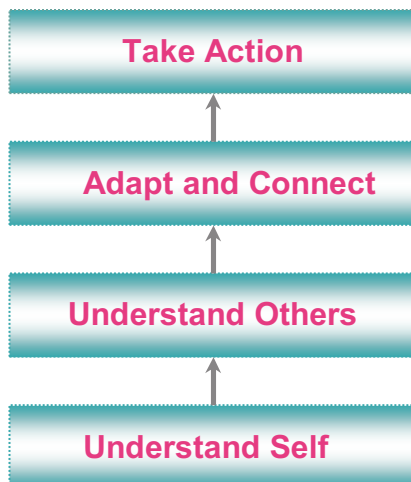
Are you looking for a way to help individuals understand their personal impact?

How can you help individuals to better understand themselves?

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 explores the following simple model:



## Programme Overview

- The Power of Perception
- The Insights Colour Energies
- Jung's Preferences
- The Insights Discovery 8-Types
- The 72 Sub-Types
- The Insights Discovery Personal Profile
- Recognising 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.

## Our Clients Say:

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

## Summary

- Memorable, fun and fascinating introduction to the Insights Discovery learning systems
- Each participant receives their Insights Discovery Personal Profile
- Interactive and participative approach 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