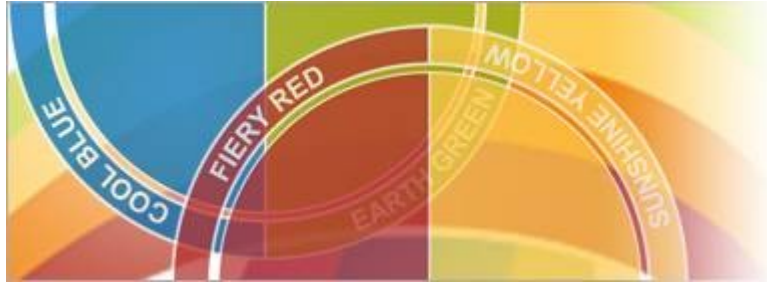


# Insights Discovery STEPS TO PERSONAL EFFECTIVENESS



**How can you help individuals understand themselves better?**

**How can you build confidence in your people?**

**What could you do to transform your team and your business?**

## WHAT IS IT?

- Insights Discovery, Steps to Personal Effectiveness is a one day, highly motivational and engaging workshop.
- Under-pinning the learning is The Insights Discovery Personal Profile, a personal development tool which gives individuals a reinforcing and transformational insight into themselves and others.
- The Profile and the workshops' exercises graphically show and explain the uniqueness of each person (their personality type) and clearly illustrates how understanding, recognising and valuing others does have a major impact on relationships and productivity.

## WHAT WILL IT DO?

- Immediately empower the participants, improve communication and strengthen relationships within teams and entire organisations.
- It will inform participants, with positive and supportive language, their preferred styles of communication, barriers to communication, key strengths

- and weakness to the team, possible behavioural blind spots, their opposite types and, importantly, suggestions for their development.
- Unlike other 'development workshops', Insights Discovery, Personal Effectiveness is enjoyable and easy to understand making long term application and change far more likely within individuals and teams.

## WHO WILL IT BENEFIT?

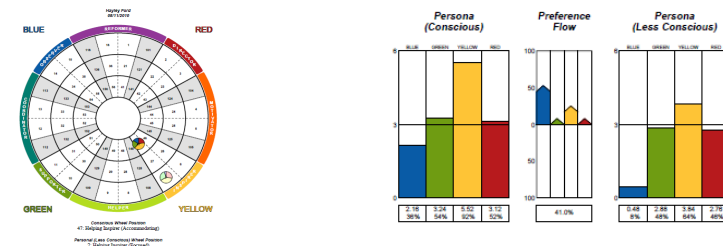
- Everyone within the organisation.
- Along with The Personal Profile all participants receive an in-depth 'Beginning The Journey' workbook and other associated learning aids.

## PRIOR TO THE WORKSHOP

The participants complete a simple on-line evaluator, which takes only 20 minutes. The output is a 25 page profile which is given to the participant at the workshop.

This profile helps the individual to gain a detailed understanding of their personal style, and how this impacts on their relationships in both personal and professional environments.

The Insights Discovery model graphically shows individual preferences in Attitudinal Functions using colour as a simple and memorable system. This enables people to quickly develop their interpersonal skills, improve team performance and create a more positive, productive cultural environment.



## What Our Clients Say:

*"I found the training an interesting and valuable experience, not just from a personal point of view but also from the point of view of seeing my fellow colleagues open up a little – something which rarely happens during the normal working day!"* Ben Smailes, Project Engineer, Perry Slingsby Systems

**30th June 2011 (9.30am—4.00pm)**

For further details and bookings, please contact:  
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