



## Insights Learning & Development Ltd.

# Insights® Personal Effectiveness Program



- I am looking for an inspiring personal development experience.
- How can I improve the interpersonal dynamics of my people?
- How can I help individuals understand their personal impact?

Insights Personal Effectiveness is our core program - an introduction to the Insights Discovery System and the Insights Discovery Personal Profile that is fun and interactive, and which leaves participants with a language and framework for understanding themselves and others which they can put into practice immediately.

The program explores a simple model:

- Understand self
- Understand others
- Learn how to adapt to others and connect more effectively for improved relationships and results

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

Insights Personal Effectiveness Programs are tailored to customer requirements, and can range from 90-minute executive briefings to modular sessions over a period of weeks and months.

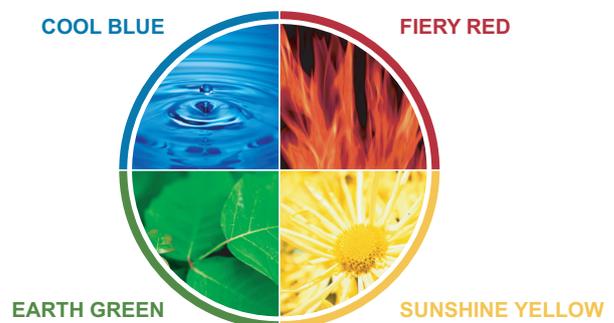
### PRODUCT SUMMARY

- Memorable, fun and fascinating introduction to the Insights Discovery System
- Each participant receives their Insights Discovery Personal Profile
- Interactive and participative approach accommodates all learning styles
- Enables participants to improve their inter-personal relationships immediately
- Creates a positive common language enabling people to discuss personality and preference and the differences between people in a positive way

### Program Content

- The Power of Perception
- The Insights Color Energies
- Jung's Preferences
- The Discovery 8-Types
- The 72 Sub-Types
- Insights Discovery Personal Profile
- Recognizing Others' Styles
- Adapting and Connecting Techniques
- Colorful Interactions
- Keys to Success
- Action Planning

### The Insights Color Energies



Insights offers a range of programs and workshops for participants wanting to extend their Insights knowledge, including the Insights Team Dynamics Program. Our Insights Discovery Accreditation qualifies participants to use the Insights Discovery System and Insights Discovery Personal Profile as part of their own learning and development solutions.

### What Our Clients Say About Insights Personal Effectiveness

*"It is a source of great satisfaction to me to see lives improve as a result of using the Insights Personal Effectiveness system. From the perspective of our overall culture, every self-aware, happy and satisfied individual makes a positive contribution to BT's ability to meet the needs of our customers. I cannot recommend Insights and it's benefits highly enough!"*

Lynne Barter, BT

Insights ●●● Igniting Corporate Spirit  
Transforming individuals, teams and organizations

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