

Insights Discovery

Insights Discovery is a simple, practical and memorable four colour model that helps people understand more about themselves and others.

Self-awareness is key to the success of every individual, and that's exactly what Insights Discovery delivers. A better understanding of self and others means that relationships at work can become vehicles for, not barriers to, business success.



Insights Discovery is for anyone who:

- Needs to understand the impact of their personal style
- Wants to have effective relationships with their colleagues
- Hopes to achieve success through building strong partnerships
- Is striving to improve communications and minimise conflict

Insights Discovery is a psychometric tool based on the psychology of Carl Jung, it is designed to help people understand themselves, understand others, and make the most of the relationships that affect them in the workplace.

Insights Discovery benefits individual development and also team effectiveness. Increasing self-awareness enables people to flex, adapt and communicate better with each other so you can create a more thriving, innovative and productive workplace.



Insights Discovery uses a simple and memorable four colour model to help people understand their style, their strengths and the value they bring to the team.

The colour energies are Fiery Red, Sunshine Yellow, Earth Green and Cool Blue energies. It's the unique mix of each of these energies in us that determines how and why we behave the way we do.

Some of the benefits of Insights Discovery to an **individual** are;

- Increased self awareness and understanding of the impact of their personal style
- Increasing personal effectiveness and creating development plans
- Helps to build effective relationships and increase effectiveness of communication
- Improved leadership skills

For a **team** or a **manager** some of the benefits can be;

- Teambuilding – improving understanding of each other, improving communication and collaboration and reducing conflict
- Increase team effectiveness and productivity

At an **organisational** level it can be used to address some of the challenges you face in particular;

- Effective communication
- Management styles
- Sales performance
- Finding an environment that inspires your staff to do their best work

Following completion of an on-line questionnaire everyone receives a unique and in-depth Insights Discovery Personal Profile. These can be debriefed in an individual development session or in a team session. The Insights Discovery Personal Profile includes:

- Strengths, weaknesses and value to the team
- Management - how you like to manage and be managed
- Communication style
- Sales effectiveness (optional)
- Creating your ideal working environment



Do you want to understand your own style and preferences and increase self-awareness to help you develop?

Do you want to understand more about other people and what makes them tick or help increase a team's effectiveness?

**If you are interested in finding out more please contact Jo@brocklehursthr.co.uk.
Individual or bespoke team sessions can be arranged.**