

Personal Effectiveness

Using the Insights DISCOVERY framework, this programme is memorable, fun and fascinating. It enables people to become highly self-aware and therefore improve their interpersonal relationships with immediate effect. DISCOVERY creates a positive common language enabling people to discuss personality and preference and the differences between people in a positive way. They learn about their strengths, communication styles and through focused development areas, how to be more effective

Who For:

Individuals wanting to better understand themselves, others and how best to adapt and connect with other people for more authentic and effective relationships. Ideal for those working in teams or in direct client / customer / member facing roles where personal impact is paramount to the role.

Duration:

1 or 2 Day Workshop

Content Overview:

- The Power of Perception
- The Insights Colour Energies
- Jung’s Preferences
- Insight’s 8 Types
- The 72 Sub Types
- The Insights DISCOVERY Personal Profile
- Recognising Other’s Styles
- Adapting & Connecting
- Action Planning

Each participant receives a 20 Page PERSONAL PROFILE, enabling him or her to create effective personal strategies using the four colour energies

All Si programmes are facilitated by professional and experienced trainers with a substantive record of working with blue-chip organisations. Si also utilize professional support associates in areas requiring specialist skills e.g psychologists, sector experts, counselors and group coaches.

