

Research shows that organisations, leaders and teams that demonstrate ‘Emotional Intelligence (EI)’ in their relationships considerably outperform those that don’t.

Insights Discovery enables the building of emotional intelligence by growing self awareness and gaining a better understanding of others, which in turn enables them to increase effectiveness, enhance communication and grow their impact.

FOUNDATION WORKSHOP (half day or full day)

The Discovery Insights model will form the basis of the workshop with each attendee having completed an online evaluator ahead of the session. On the day, they will receive their individual printed 20-page report including an overview of their personal psychological preferences, strengths and opportunities to grow as well as insights on communication, leadership and conditions to thrive.



Specific tailored activities will enable participants to deepen their colour energy understanding, enhance their ability to connect and communicate, and adapt to a wide range of styles and circumstances in order to fuel higher performance on an individual and collective level.

Content from the reports will be utilised within the workshop in a way that is both enlightening, energizing and comfortable for participants, in that they will select what they share. The emphasis throughout will be on learning tools which can be applied immediately.

The workshop will include:



ON A GOOD DAY

- Introduction to the four **colour energies**, short overview and self reporting of preferences by each participant
- Introduction to the **three dimensions of psychological preferences** and how they map to the Insights Discovery system.
- Explanation of the **profile**, colour energy **wheel** and various charts in the profile.



ON A LESS GOOD DAY

- Exploration of **preferred ways of communicating** in day-to-day interactions, how to spot different types and how to adapt especially when giving or receiving feedback
- **Action planning** to continue personal development and commit to group actions
- If time allows, sharing of each participant’s **value to the team** and **team wheel overview**.

Every workshop can be adapted to the specific needs of your team.

Drawing on extensive experience in designing and facilitating workshops for a wide range of organisations, Octus bring you a highly pragmatic and fully tailored approach to make your Insights session as valuable as possible.

Please get in touch!



M: +44 (0)78 142 442 15 | E: anne@octusglobal.com