

The Insights Discovery session

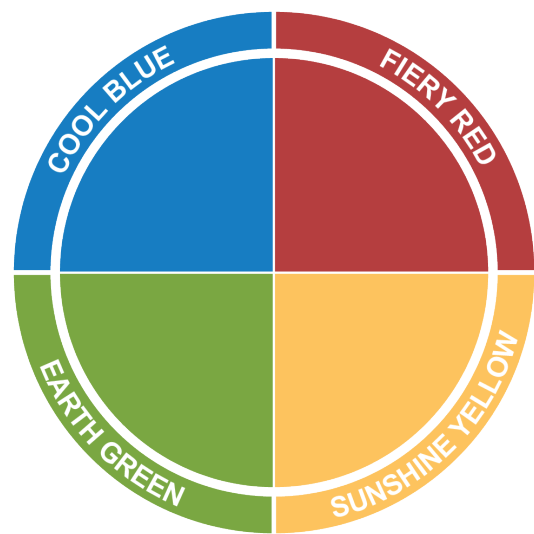
Insights Discovery will change the way you see yourself and others. It's a powerful aid to self-awareness that you can use at work and at home. Come along to start your journey of self-discovery.

About the session

Insights Discovery is a four-colour model which helps people understand more about themselves and others.

The methodology is easy to understand and practical to apply. Its highly visual content makes it both engaging and memorable, helping individuals to understand themselves, particularly in relation to others they work with.

The session is a powerful learning experience that really enhances self-awareness. Delegates can learn a very simple way to improve the way they work, and how they interact with others.



[Watch our video to learn more](#)

Why attend?

- Learn more about yourself and receive your own in-depth personal profile
- Explore our highly visual and engaging content to challenge your perceptions of others
- Forge better relationships with the people you work with, based on mutual understanding
- Use a methodology for recognising behavioural preferences and their value in the workplace
- Have fun while creating lasting connections with your session colleagues

Application

What will this mean for your day-to-day role?

- Work better with colleagues
- Have more open, positive conversations
- Use your strengths with confidence
- Improve your development areas
- Understand the value you bring to projects