

# Insights Discovery® Based Workshop

**Aim** To increase the participant's self-awareness and ability to work more effectively with those who are different to them

**Objectives** By the end of this workshop, participants will be able to:

1. Explain what is meant by the terms I.Q. and E.Q. and how they can combine them to become more dynamic
2. Describe themselves and others using Insights Discovery® terminology
3. Explain how others may differ from them psychologically and the challenges this may create
4. Describe how to leverage the potential benefits of teams comprising of people with different psychological preferences
5. Produce a personal action plan based on their Insights Discovery® profile and the learning they have gained during the day

## Format

This highly participative workshop also provides participants with time to reflect upon the insights they have gained from their individual psychometric profiles

## Overview

- Using Carl Jung's three human dimensions to understand how people 'tick'
- Understanding what IQ and EQ are and how they can complement each other
- An exploration of the Insights Discovery® model
- Participants are given time to reflect upon their own Insights Discovery® profile with the Insights Practitioner providing one-to-one support if requested
- A group exercise to understand how the participants Insights Discovery® profiles differ
- Describe how to leverage the potential benefits of teams comprising of people with different psychological preferences
- Participants finalise their personal action plans based on their Insights Discovery® profile

