

## **Insights Discovery Workshop (four hours)**

Beginning the journey.....

### **Pre-work**

Participants complete the Insights Discovery evaluator (20 minutes)

### **Introductions**

- Icebreaker: who am I?

### **Perception**

- How we see the world
- The ladder of inference

### **Understanding the four-colour model**

- Card game activity
- Good day and bad day behaviours

### **The Jungian theory behind the model**

- Stepping activity
- Jung's attitudes and functions

### **Your profile: learning more about ourselves and each other**

- Face validity
- Colour energy dynamics
- 72-type wheel
- Team wheel

### **How to connect, adapt and communicate**

- Recognising types
- Communication styles around the wheel
- Adapting and connecting

### **Conclusions**

- Keeping Insights alive
- Committing to action