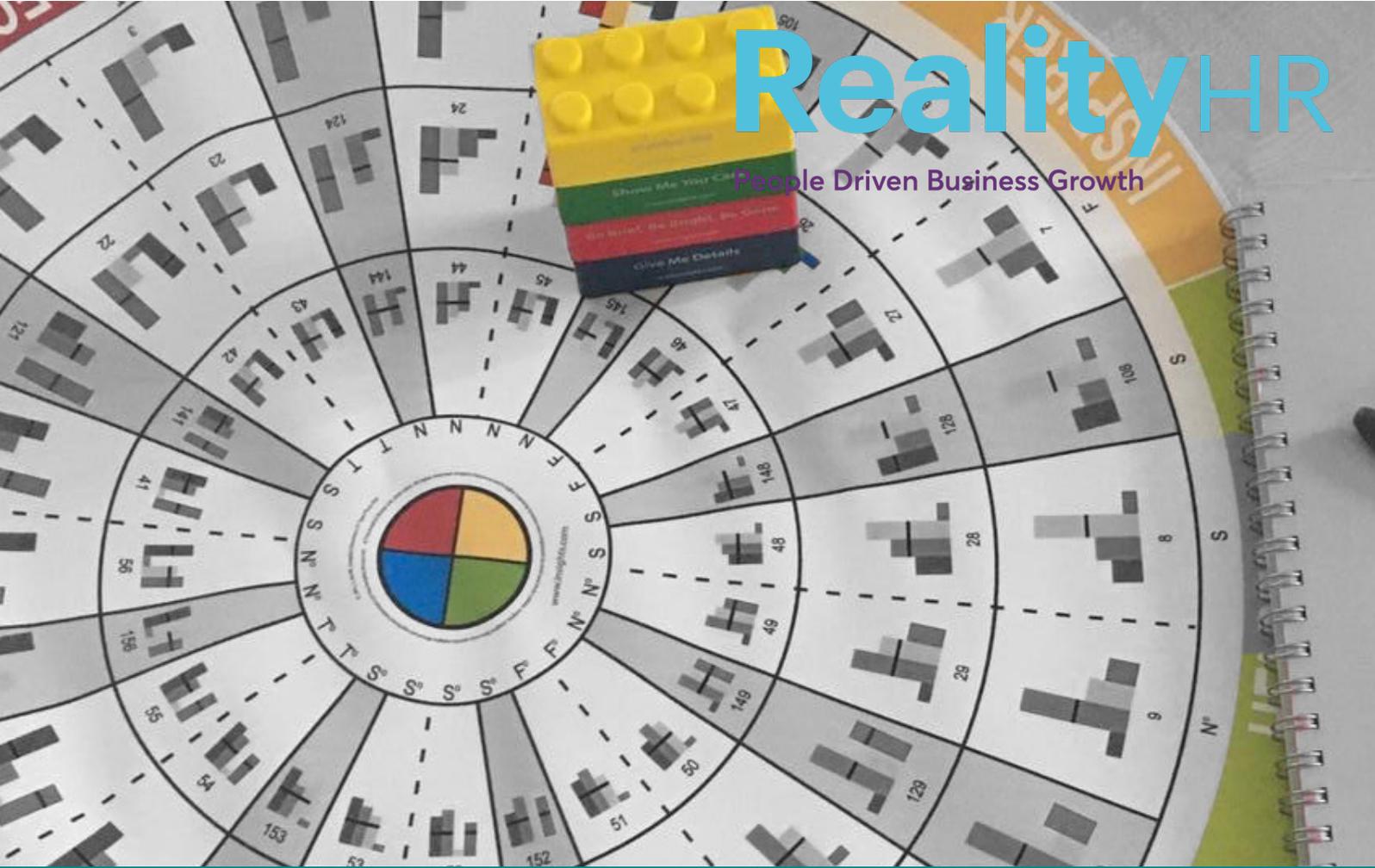


# RealityHR

People Driven Business Growth



## INSIGHTS DISCOVERY

Using psychometrics to get an insight on  
your team's true colours



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# VIRTUAL INSIGHTS DISCOVERY

## Why Virtual Insights Discovery?

In today's climate of global disruption, home working and self-isolation, it's more important than ever to make sure teams are connected. For many of us, our projects and deliverables have become even more critical as our organisations overcome the many obstacles caused by the crisis.

The virtual Introduction to Insights Discovery session is designed to help team members build greater understanding of themselves and their colleagues so that they can have more respectful, productive and positive working relationships, even across virtual boundaries. By knowing each other's personal preferences, team members can better meet the needs of their colleagues in meetings, when collaborating on projects, when under pressure, and even in everyday conversations.

## What are the Insights Discovery colours?

The Insights Discovery model is a simple and accessible four-colour model which, accompanied by an Insights Discovery Personal Profile, helps people to understand more about themselves and others. It creates a common language that makes it easier to identify strengths and address weaknesses, so that individuals and teams can perform at their highest level. This model provides an effective foundation for learning programmes since it inspires individuals to think about how they act and communicate.

## VIRTUAL LEARNER KIT

Every learner will receive a virtual learning kit which equips them with the information and tools they need to enhance their self-awareness and apply their learning back in the workplace, including:

### **The Insights Discovery Personal Profile**

An in-depth, fully customised profile that provides the learner with information about their working approach, communication style and blind spots

### **Foundation Reference Guide**

A short guide that contains all the key learning to refer back to

### **Insightful Strategies Job Aid**

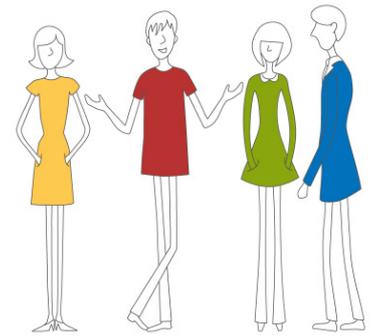
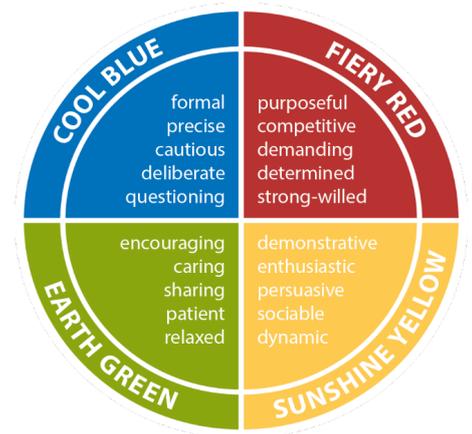
A guide to understanding and connecting with people who have different colour energy preferences

### **Digital Blocks**

A graphic that learners can use on their email signature to display their colour energy preferences. This helps others understand how best to connect with this person, and also keeps the colour energy language alive.

# What are the benefits of completing Insights Discovery?

- A greater understanding of individuals' own operating style and how this may affect their performance at work.
- Recognition of and appreciation for differences with others thus reducing conflict, enabling change and enhancing team interaction.
- Recognition of individual contributions to the team thus enhancing creativity and the problem solving ability of the team.
- The ability to see things from other perspectives, valuing diversity and so, enabling teamwork to flourish.
- A framework for better communication both internally within the team and externally, leading to greater productivity.



Businesses tell us that using Insights Discovery and understanding their insights colours improves communication, decreases conflict, leaves more time to get the job done and creates a happier and more productive workplace – all benefits that promote company success.

## OUR INSIGHTS PRACTITIONERS



**HEIDI WADSWORTH**

Heidi is Reality HR's chief trainer and licensed Insights Practitioner and comes with profound HR knowledge and over 10 years of people management experience under her belt.



**DONNA BONFIELD**

Donna is our licensed Insights Practitioner with over 25 years experience in using work place psychometrics. She combines this expertise with her strength in training and coaching teams.

// I must say it was a great workshop, having been to a few of these (and assisted on them) I was wondering how this would work virtually ....But with your delivery and focus it was fabulous ...Thank you so much' **LYNN PAINE, ASPIRE**



# COST INFORMATION

All of our sessions will be tailored to meet your requirements and budget but these are our most popular options:

## OPTION 1

2 hour introductory webinar on:

- Perception
- The four colour energies of the model
- Jungian preferences of Introversion and Extraversion, Thinking and Feeling, and Sensation and Intuition
- Understanding your personal Insights profile

plus Virtual Learner Kits for 8 attendees

## OPTION 2

OPTION 1 PLUS:

Follow up 2 hour interactive webinar to embed the basics covered in the first interactive webinar, and equip your delegates with the skills and knowledge to identify types, adapt and connect and build better relationships.

## OPTION 3

OPTION 2 PLUS:

Individual Insights Coaching Sessions using personal profiles to help delegates get the most out of their profiles, and develop a personalise development plan.

All indicative prices based on 8 attendees

Indicative price  
**£1535**

Indicative price  
**£2275**

Indicative price  
**£4300**

## OPTION 4: BEYOND INSIGHTS DISCOVERY

We can help your delegates continue their journey, with additional sessions covering one or more of the following: Resilience, Leading Through Turbulent Times, Communication & Connection, Team Effectiveness, Virtual Sales . Please speak to one of the team to find out more.

We'd love to tell you more. Contact us to get in touch with our Insights professionals.



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