

WHAT IS INSIGHTS DISCOVERY?

The success of any business largely depends on the effectiveness of its people. Insights Discovery is a development programme that uses colour as a common language to help individuals, teams and organisations to enhance their performance and achieve business goals through three powerful steps:

- **Understand Self:** Identify your communication, interaction and management preferences as well as your personal motivations, strengths, weaknesses and possible blind spots.
- **Understand Others:** How to identify and understand the behavioural preferences of team members and other stakeholders.
- **Adapt & Connect:** How to connect with others for more successful interactions; build effective relationships and enhance performance.

At the heart of the Insights Discovery™ System is the Personal Discovery Profile. Generated from an online Evaluator, Discovery Profiles accurately capture a detailed analysis of an individual's behavioural preferences. Profiles can be used as a powerful learning tool for the individual and shared within teams to help colleagues understand how to get the best from each other.



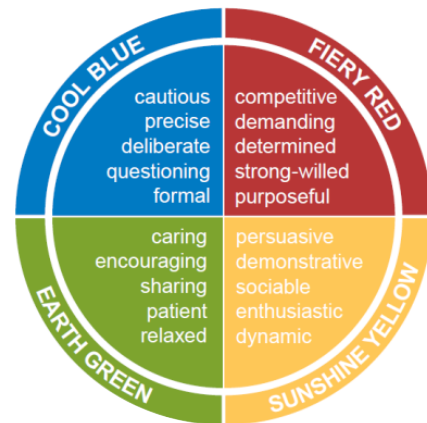
WHY CHOOSE AMBER?

We help businesses to grow through people development. Specialising in management and communications skills, we offer a wide range of training including:

Presentation Skills; Personal Effectiveness (Insights Discovery); Media Training; Communicating with Impact; Storytelling for Business; Bid Support; Time Management and many more.

Formats include online and face-to-face workshops plus one-to-one coaching programmes for individual needs.

INSIGHTS DISCOVERY WORKSHOPS



A highly practical and engaging way of introducing the Discovery principles and applying them to specific goals such as:

- Enhancing Personal Effectiveness
- Maximising Team Performance
- Developing Communication Skills
- Adapting Management Styles
- Building Stakeholder Relationships
- Creating a diverse & Inclusive Culture
- Managing Change



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