

# INSIGHTS DISCOVERY TRAINING

Using the diagnostic tool, Insights Discovery, this course helps delegates better understand their own nature, personality and behaviours, both in standalone situations and when they're functioning as part of a team.

## MAIN BENEFITS:

- + Have a better appreciation of relationship dynamics and what makes you and others tick.
- + Be able to work better with team members.
- + Know how best to respond in different situations.
- + Receive a detailed report of your individual conscious and unconscious personas.
- + Take away a growth plan based on new knowledge about yourself and others in your team.

## WHAT YOU'LL LEARN:

- + How to better understand your behaviours and those of others around you.
- + How to identify your strengths and weaknesses and how they help/hinder your interactions with others.
- + How to manage your behaviours and respond more appropriately in different demanding situations and environments.
- + How to recognise others' profile differences and use this to improve how you communicate with them.
- + How to identify different management styles and effective selling approaches.

## COURSE DATES

This is a bespoke course which we'll design for you and however many delegates you'd like to attend.

Please get in touch to discuss dates and availability.

[hello@thepeoplefactor.org.uk](mailto:hello@thepeoplefactor.org.uk)

## WHO SHOULD DO THIS COURSE?

Anyone wanting to better understand their own natures and behaviours to use as a framework for improved self-reflection, communication and development.