



Understand yourselves and others

Gain a deep insight into yourself and your colleagues. Uncover meaning in preferences and behavior. Learn to adapt and connect with others to create strong and effective relationships.

Insights Discovery is ideal if you want to:

- Understand your unique personality
- Develop your interpersonal skills
- Improve your communication skills
- Create better personal and professional relationships

How it works

Insights Discovery uses a simple and accessible four color model to understand an individual's unique preferences. We measure these preferences based on responses to a short online evaluator. One of the outputs is a 20 page personality profile, which identifies strengths and areas for development.

Insights Discovery has its roots in the work of Swiss psychologist Carl Jung. It is continually validated and refined by our research team to ensure it is always accurate and deeply insightful.

What it can lead to

Insights Discovery begins by helping you to uncover who you are and how you interact with others. The depth of insight provided means that Discovery can take you to places that you never expected. From one-to-one coaching to team development and improved sales and leadership skills, the possibilities are endless.

Every Discovery Personal profile provides information on an individual's strengths and weaknesses, communication style, and their value to a team. It includes suggestions for development that can be put into practice the very next day. Additional chapters are available to support learning and development across a range of areas.



Create a leadership or management development solution using the [Management Chapter](#).

Use the [Personal Achievement Chapter](#) to set goals as part of a personal effectiveness coaching solution.

Improve a sales person's performance at each stage of the sale using the [Effective Selling Chapter](#).

Consider and prepare for challenging questions you might face in an interview by reviewing the [Interview Chapter](#).

The language of Discovery has immediate impact and lives and breathes within organizations, enabling positive lasting change.

Start your journey with Insights today
- it's amazing what you'll discover.

Insights' solutions are

- Simple:** easy to understand so everyone can apply what they learn.
- Universal:** they speak to everyone – your whole organization will be captivated by the Insights magic.
- Deeply Insightful:** they take you places that you never expected.
- Positive:** our supportive language is so engaging it empowers people to change.
- Fun!** the memorable color energy system that really sticks.

"I've used Insights Discovery with every team I've led.

It's helped me unlock very difficult situations. It uses a simpler, more relevant language, that works for everyone. It really helps us with our team dynamics right up to the most senior levels of our organization."

Kirsty Bashforth, Head of Organizational Effectiveness, BP.