

Insights Workshop (half-day)

Programme Overview

Summary	<p>This highly interactive workshop uses the Insights Discovery process to help you improve communication, performance and interaction with others.</p> <p>An Insights profile provides information on an individual's strengths and weaknesses, communication style and their value to the team. It also includes suggestions for development.</p>
Style and Approach	<p>Led by an accredited practitioner in Insights, the workshop comprises highly practical experiential learning sessions with a modern approach to learning which is professional and engaging</p>
Programme Structure	<p>Half day workshop</p>
Audience	<p>A team workshop</p>
Group size	<p>Up to 20 Participants</p>

Programme Overview

Preparing for the workshop

An Insights questionnaire needs completing in advance with the report available for the workshop.
Team leader will be required to liaise with the facilitator to shape the sessions to meet their team's needs.

Programme Topics

- The principles behind the model
- The three dimensions of personality and how they map to the Insights system.
- Review of the individual report and the Insights wheel.
- The preferred ways of communicating.
- Adapting and Connecting: Spotting Types and Communicating to and Influencing Types different to ourselves.
- Action planning.

Outcomes

Using the Insights Discovery process will contribute in a number of ways to improved communication, performance and interaction and will allow delegates to:

- Reflect on their personal profile and have an understanding of their behavioural preferences.
- Begin to recognise and appreciate others' preferred behavioural styles and adapt their style to improve connections.
- Begin to use a common language for understanding colleagues and customers.
- Plan future interactions to communicate and connect better with colleagues and customers.

How to Apply:

Please contact the team -LDT-LeadershipDevelopmentTeam@networkrail.co.uk