

## Insights Workshop (1-day)

### Programme Overview

#### Summary

A highly interactive and engaging workshop is individually developed to suit the team or group needs. A workshop might be useful for a newly established or greatly changed team. It would also assist a team to get to know one another better and develop ways of working and approaches to communicating internally and influencing customers and stakeholders. 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.

#### Style and Approach

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

#### Programme Structure

1-day workshop

#### Audience

A team workshop

#### Group size

Up to 20 Participants

# 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 workshop is tailored to the team's requirements.  
Sessions consist of a variety of facilitated exercises, tasks and discussions which introduce the participants to the principles behind the model and progress to addressing the specific requirements of the group or team

This will include:

- 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.

## Outcomes

Using the Insights Discovery process will contribute in a number of ways to improved communication, performance and interaction and is possibly most impactful in a 'team' setting 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.
- Develop actions to create a preferred team culture.
- Work together as a team.

How to Apply:

Please contact the team - [LDT-LeadershipDevelopmentTeam@networkrail.co.uk](mailto:LDT-LeadershipDevelopmentTeam@networkrail.co.uk)