



Insights® Into Excellence Young Adults Programme

Personal and Learning Effectiveness for Students –
A workshop targeting the four capacities

Increases young people’s awareness of their own unique talents and attributes, helping to build confident individuals

Helps students improve their interpersonal skills and relationships in order to contribute more effectively

Aids understanding of individual Learning Preferences in order that they may become more effective learners

Encourages the awareness and respect for others necessary for becoming a responsible citizen

Insights® Personal and Learning Effectiveness is our core programme for learners in the upper secondary school and further education - an introduction to the Insights System and the Insights Discovery Personal Profile that is fun and interactive, and which leaves participants with a language and framework for understanding both themselves and others which they can put into practice immediately in any learning setting.

The programme explores a simple model:

- Understand self
- Understand others
- Learn how to adapt to others and connect more effectively for improved relationships and learning results
- Understand learning preference and exploration of approaches for maximising learning

Using each participant’s Insights Discovery® Personal Profile, the programme enables everyone to understand their own personality and learning style better, to identify other types of personalities and adapt to different communication needs.

The use of our four Insights colour energies: **Cool Blue, Earth Green, Sunshine Yellow, Fiery Red** creates a memorable common language and framework on which

participants can base their interactions in the future. The programme also focuses on the learning setting, enabling students to develop approaches that can facilitate more effective individual learning and more productive relationships.

Insights Into Personal and Learning Effectiveness Programmes are tailored to customer requirements. The programme can also be tailored for specific use with individuals, groups, and even entire year groups.

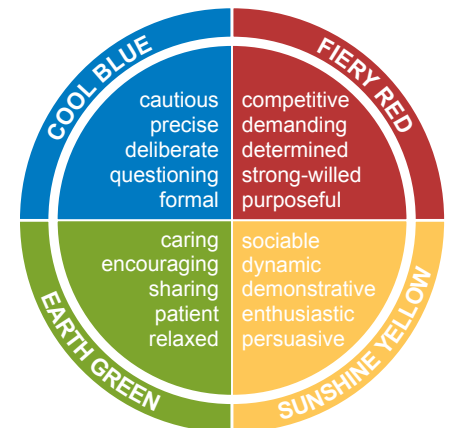
Programme Content

- The Power of Perception
- The Insights Colour Energies
- Jung’s Preferences
- The Eight Insights Types
- The 72 Sub-Types
- Insights Discovery Personal Profile
- Recognising Others’ Styles – Colourful Teachers and students
- Adapting and Connecting Techniques
- Colourful Classroom Interactions
- Colourful Learning
- Keys to Learning Success
- Action Planning – Effective Learning; Utilising your stronger gifts and developing your lesser gifts.

Summary

- Memorable, fun and fascinating introduction to the Insights system
- Participants receive their Insights Discovery Personal Profile
- Interactive and participative approach accommodates all learning styles
- Enables participants to improve their inter-personal relationships immediately
- Creates a positive common language enabling students to discuss personality and preference and the differences between people in a positive, structured way

The Insights Discovery 4-Type Wheel



What Students Say:

“The workshop helped me be positive about myself. It helped me think about my strengths improve on my weaknesses.”

Lower sixth student
St George’s School for Girls
Edinburgh

“I have learned a lot more about myself and am impressed by how accurate my Profile is.”

“Really interesting. Really well presented. Will definitely be useful.”

Student attendees
Dundee High School



GLOBAL HEADQUARTERS

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