

Keeping Insights Alive

Insights Discovery provides a powerful language for understanding ourselves and others. The real impact comes when that language continues beyond the workshop and becomes part of everyday conversations, decisions and ways of working.

This guide contains a range of simple activities and practical ideas to help you reflect on your preferences, strengthen relationships and keep the learning alive within your team.

Small actions, applied consistently, can create meaningful and lasting change. We hope these exercises help you continue your development journey and make the most of your Insights Discovery experience.

Everyday

Lead With Curiosity

When someone responds differently to you, get curious rather than frustrated. Ask yourself: which colour energy might be driving their approach?



Name Your Energies

Use colour energy language in everyday moments. Try saying 'I'm in my Blue energy right now' to help others understand where you're coming from.

Flex Your Style

Before an important conversation, consider the other person's preferences. Adjust your pace, detail level and energy to connect more effectively.

Check In As A Team

Start meetings with a quick colour energy check-in. It builds shared language, surfaces different needs and helps the team adapt in the moment.

Appreciate Opposites

Your opposite colour energy isn't a weakness in others it's a strength you may undervalue. Notice what your opposite brings that you might miss.

Guidelines for Using Colourful Language

Use the Insights Discovery colours to build understanding, not to label or limit.



Be respectful

Use colourful language in a positive and respectful way.



Be curious

Use the colours to encourage curiosity, ask questions and increase understanding.



Avoid labelling

Don't put people in boxes or make assumptions about their behaviour.



Focus on flexibility

Recognise that people can adapt and use all four colours, depending on the situation.



Remember

People are always more than their colour energy.

Use the language to build stronger relationships, better teamwork and a more inclusive culture.



Onboarding New Team Members

Insights Discovery can help new team members settle in more quickly by creating a shared language for understanding preferences, communication styles and strengths. By introducing Insights early in the onboarding journey, teams can build stronger relationships, increase understanding and create the conditions for a positive and successful start.



Activity 1: Colour Energy Introductions

Ask each team member to share their preferred colour energies and one thing they value when working with others.

Activity 2: How to Work With Me

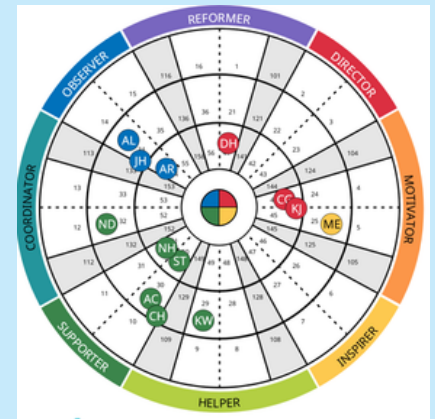
Invite team members to share their communication preferences, what helps them perform at their best and how they like to receive feedback.

Activity 3: Strengths Spotting

After a few weeks, ask the team to identify strengths they have already noticed in the new team member and discuss how these can contribute to team success.

Team Effectiveness

Building team effectiveness starts with creating a shared understanding of how people think, communicate and contribute. By using Insights Discovery as a common language, leadership teams can strengthen collaboration, improve decision-making and role model the behaviours they want to see across the wider organisation. Starting with senior leaders helps establish a foundation for more effective teamwork at every level



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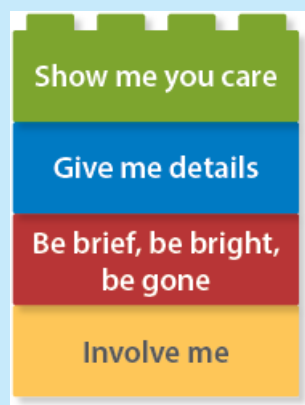
Using your Team Wheel

Remember to keep your Team Wheel somewhere useful so that you can easily refer back to this in team meetings.

Using Insights e-blocks in your email signature

To help keep the language of Insights alive in everyday conversations, why not add Insights e-bricks to your email signature?

Simply email corinna@fullpotentialgroup.com to request a zipped folder containing the different e-blocks variations.



Leadership Effectiveness

Effective leaders understand the impact they have on others and adapt their approach to meet the needs of different people and situations. Insights Discovery helps senior leaders increase self-awareness, recognise the strengths and challenges of their leadership style, and develop the flexibility needed to lead diverse teams successfully.



Activity 1: Leadership Impact Reflection

Reflect on how your preferred colour energies influence your leadership style and the impact this has on your team.

Activity 2: Stretch Your Style

Identify a colour energy you use less frequently and choose one behaviour to consciously practise over the next month.

Activity 3: Leadership Feedback Conversation

Invite feedback from colleagues on what you should continue, start or stop doing to enhance your leadership effectiveness.

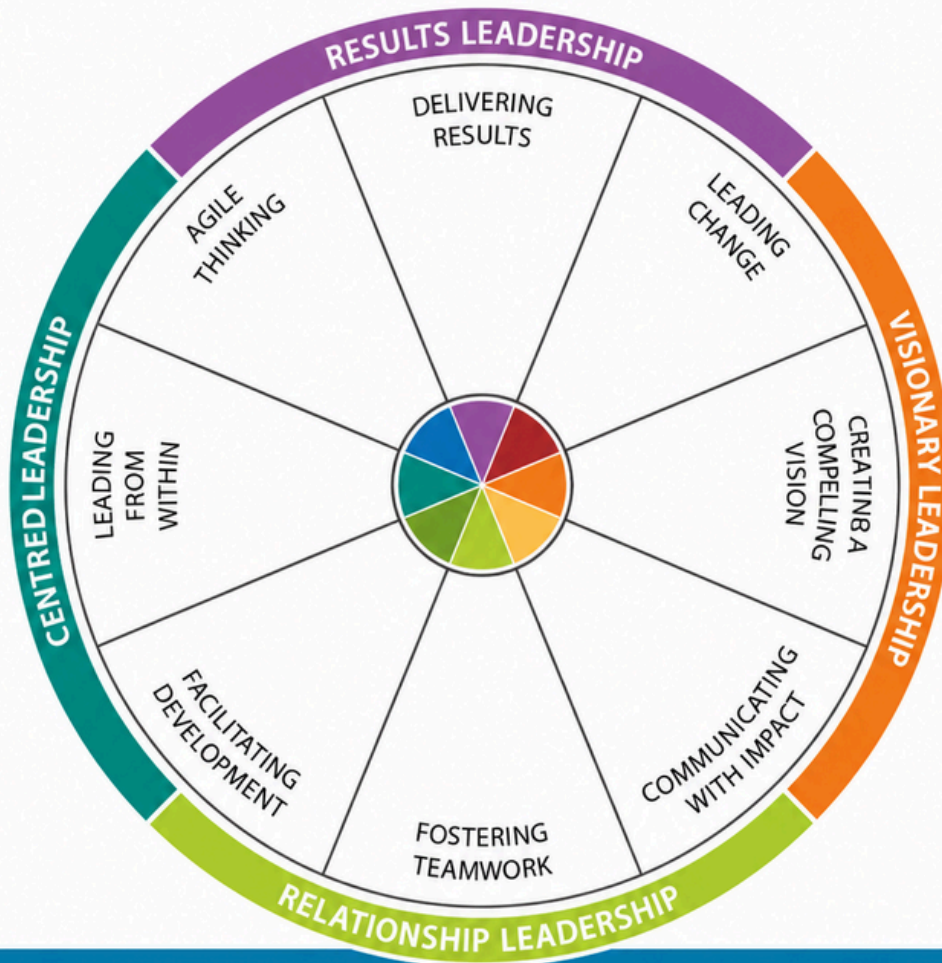


The core vision of
Insights Discovery®
is to create a world
where people truly
**understand themselves
and others**, inspiring them
to make the most of the
relationships that affect
their lives.

It empowers individuals
to transform their
personal differences
into a **collective advantage**

Insights Discovery Self Aware Leader Profile & Development Programmes

This transformative leadership profile harnesses the power of the Insights colour energies methodology, empowering leaders to unlock their full potential. Leaders gain profound insights into their unique leadership style, and are challenged to improve the way they support diverse teams across their organisation. We can also create bespoke development programmes specifically for your leaders.



Get in touch

To find out more about how we can help you get the very best from your leaders, contact us at info@fullpotentialgroup.com.

Insights Profile Chapters

Did you know that there are even more chapters available to add to an Insights Discovery Profile? You can purchase these chapters as an add on to your existing Insights Discovery profile at an additional cost. We can also create a bespoke facilitated learning experience for each of these chapters.

Management Chapter

The Management chapter explores your natural approach to managing and supporting others. It considers your leadership preferences, strengths and potential areas for development, helping you understand how you influence, motivate and communicate with the people around you. It can provide valuable insight into how you can adapt your management style to bring out the best in different people.

Effective Selling Chapter

The Effective Selling Chapter explores your natural approach to building relationships, understanding customer needs and influencing others. It highlights your strengths and preferences when selling, as well as areas where you may benefit from adapting your approach. By understanding how your colour energies influence your selling style, you can become more intentional about connecting with different customers, building trust and creating more effective sales conversations.

Personal Achievement Chapter

The Personal Achievement chapter explores what motivates you to perform at your best and the conditions that help you feel successful and fulfilled. It considers your natural strengths, drivers and approach to achieving goals, while highlighting areas that may energise or challenge you. Understanding these preferences can help you recognise what brings out your best and identify ways to maintain focus, motivation and momentum.

Interview Chapter

The Interview chapter brings your Insights Discovery profile to life through reflection and conversation. It explores the experiences, behaviours and preferences behind your profile, helping you deepen your self-awareness and recognise how these may influence the way you work with others. It also provides an opportunity to identify strengths and areas for development, making your profile a practical tool for everyday working relationships.

Coming Soon.....

The Critical Thinking Chapter

Your people don't need more information. They need better judgement.

Critical Thinking helps individuals and teams make better decisions by combining the self-awareness of Insights Discovery with practical critical thinking skills.

By helping people recognise bias, challenge assumptions and think more effectively under pressure, it leads to higher-quality decisions, stronger collaboration and greater confidence when navigating complexity, change and AI-enabled work.



Get In Touch

The journey doesn't stop here.
Talk to us about practical ways to continue embedding Insights
Discovery into everyday conversations and ways of working.
Whether you're interested in Insights Accreditation, additional
profiles and solutions for your teams, or exploring our wider range
of products and services, we're here to help you build on the
momentum and keep the learning alive.

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