



TALKING ABOUT INSIGHTS

Keeping Insights Discovery® Alive – an activity

TALKING ABOUT INSIGHTS – AN ACTIVITY

- Use your **Insights Discovery Profile** to discuss your favourites from the following questions in your next time together as a team:
 - How have you used your least preferred colour energy today / this week?
 - What colour energy do you need to focus on at the moment for success and why?
 - What colour energy has challenged you this week and why?
 - What is one thing you can do today to leverage the strength of your second colour energy?
 - Think of someone that you think is opposite you on the Insights wheel. How can you benefit from them?
 - Think of someone you've met in the last week for the first time. What would you guess their 1st and 2nd colour energies to be and why?
 - Think of a favourite manager from the past. What qualities did you most appreciate and what colour energies did those qualities represent?
 - Think of a colleague from the past that you have really clashed with. What caused the clash and what colour energy characteristics did those clashes represent?
 - What is one of the colour energies that you most want to stretch into over the next month and why?
 - Name your most favourite quality or characteristic from each of the four colour energies.

○ **Timing:** 30 – 60 minutes