



You've had your Insights Discovery profile for a while ... now what?

Share your profile with your team and your manager. Use this valuable information about others to support your future interactions with them

10 Practical Tips

Keep sharing feedback with your team. Using the value to the team page, write your initials next to what you value in each person to share simple feedback on their contribution

Before sending an email, consider the preferences of the recipient and adapt your communication style to connect with him/her better

Keenly observe and learn from others (especially your opposites) as they will excel and shine in the 'good day' behaviours for their top colour energies

Create an A to Z of the attributes of your team when it is at its most effective; then colour-code them with Insights energies to see the colour mix on your team

At the start of the day, write a 'to-be' list, noting down the colour attributes you would most like to bring to your day's activities

Verbalize the color energies in everyday conversations... "you are coming across as very fiery red"... "we're going to use our cool blue to get into the detail today." Challenge and support using colour language

When there is a difference of opinion in the team, use the mat or your blocks as a visual cue of what preferences are at play in the conversation

When you need a particular color energy to complete a task, use your blocks and put that color block at the top, e.g. cool blue for planning

Select a colour champion in team meetings who can observe, provide feedback and challenge communication, problem-solving and decision-making styles using color language