

# Communication & Presentation Skills Workshop

## Content

Introduction and Outcomes  
Insights Discovery  
Emotional Intelligence  
Real-time communication  
Application

Lunch

Presentation skills  
10/80/10  
Nerves  
Structure  
Type  
Review and practice

Insights Discovery is a psychometric tool based on Jungian psychology, which uses a four colour model to highlight key personality preferences and associated behaviours.

The tool is hugely popular within businesses and can be used for individual performance development or wider team development. It increases self-awareness, improves communication, decision-making and, ultimately, performance.

The process starts with an online evaluation which takes about 20 minutes to complete and is comprised of detailed multiple choice questions. Following completion of this, a personal profile is then generated providing in-depth insight into individual strengths and weaknesses, communication style, approach to problems and value added to the team.

Profiles outline your unique “colour mix” of the four colour energies: Cool Blue, Fiery Red, Sunshine Yellow and Earth Green – each colour represents certain personality preferences and associated behaviours and we all have a unique mix of these traits or colours. Identifying what this is and getting to grips with the motivations behind our thoughts and actions enables us to work more effectively with others and results of the report are easily memorable thanks to the four colour model approach.

Presentation skills focuses upon what gets in the way of great presentations, what a great structure looks like and how to deal with each one of our individual blockers in turn.

The session ends in a small presentation to the group on a simple yet fun topic.