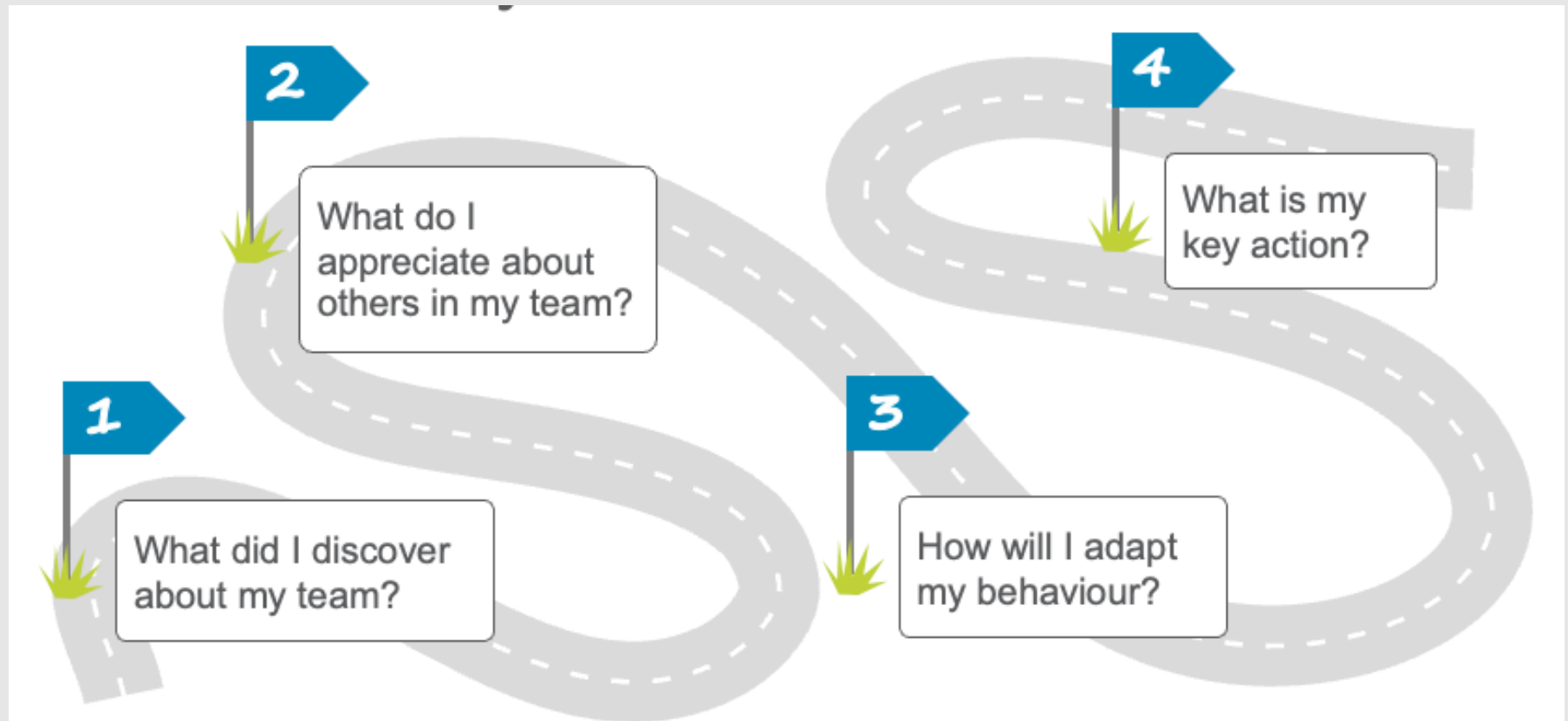


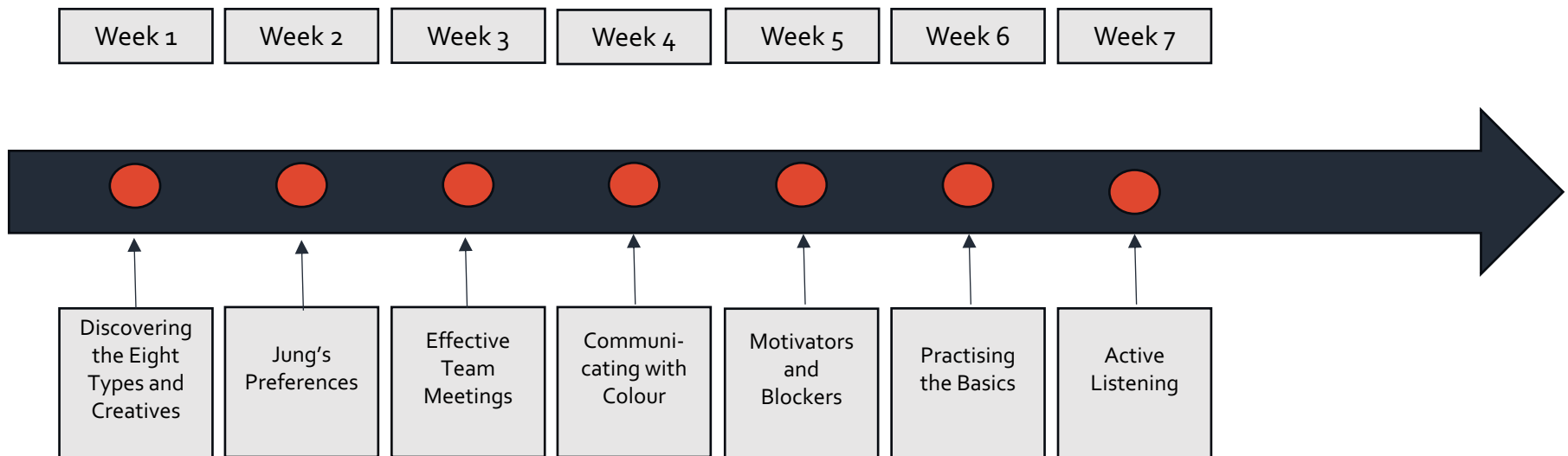
## Continuing the Journey



## Overview

Once you have completed your first Insights Discovery Workshop, you will have the knowledge and tools to apply your understanding of the colour energies within your daily interactions.

Below, is a suggested timeline with information and activities to extend the learning of your teams. These activities will help everyone to keep the colour energies alive, now that they are back in the office and with their teams.



## Exercises

1. Discovering the Eight Types and Creatives
2. Jung's Preferences – a refresher
3. Effective Team Meetings
4. Communicating with Colour workbook
5. Motivators and Blockers
6. Active Listening – Strengths and Recommendations
7. Practising the Basics

## About Us

At LifeForward we provide personal, business and executive coaching to meet the needs of our clients, their families and their businesses.

Drawing on our extensive business and facilitation experience, we are able to provide clients with unique coaching opportunities to build foundations, gain clarity and set goals, develop inter-personal relationships and create a more dynamic, motivated approach to life and work.

We work with Insights Discovery®, a personal profiling tool, as a foundation for building the emotional competencies that are required for strong leadership. Drawing upon experts such as Daniel Goleman, Stephen Covey, Patrick Lencioni and others, we bring commercial awareness and practical application to business challenges.

## Contact Us

*Come and talk to us – we would love to help.*



**Sarah Reynolds PCC, ACA,**

**LifeForward Pte Ltd**

[sarah@lifeforward.com.sg](mailto:sarah@lifeforward.com.sg)

[www.lifeforward.com.sg](http://www.lifeforward.com.sg)