



# Insights<sup>SM</sup> Discovery

## Personal Profile

**Helps individuals understand themselves better**

**Builds self-confidence**

**Engaging and practical way to personal development**

**Transforms the way individuals achieve**

The Insights Discovery Personal Profile is a personal development tool which gives individuals an engaging, reinforcing and transformational insight into themselves and others.

To receive the profile, individuals complete a 25-frame self-assessment. The output is a 20+ page profile which helps recipients gain a detailed understanding of their personal style, and how this impacts on their relationships in both personal and professional environments.

Celebrating the uniqueness of each person, the profile illustrates how recognizing and valuing difference can empower individuals, teams and entire organizations.

As a Live Now 2012 Coaching Program participant, your profile will include a Foundation and Personal Achievement Chapter.

#### Foundation Chapter

This chapter tells you about your: style and approach, key strengths and weaknesses, value to a group, communication style, possible blind spots, opposite type and suggestions for development.

#### Foundation Chapter Contents

- Introduction and Contents
- Overview
- Strengths and Weaknesses
- Value to the Team
- Effective Communication
- Barriers to Effective Communication
- Blind Spots
- Your Difficult Person
- Dealing with Your Difficult Person
- Suggestions for Development
- Insights System Graphics

#### Personal Achievement Chapter

This chapter leads you from an initial understanding of self towards an exploration of how you can grow and improve in specific areas of personal achievement such as goal setting. This chapter will serve as an integral part in your quest toward personal effectiveness.

#### Personal Achievement Contents

- Living on Purpose
- Life and Time Management
- Personal Creativity
- Lifelong Learning

#### Summary

- Everyone is unique and so is their Insights Discovery Personal Profile
- Simple, memorable color system that sticks!
- Positive, supportive language promotes an 'I'm ok, you're ok' perspective
- Continually validated for accuracy
- Assists individuals in gaining an understanding of their style and its impacts on others
- Enables people to develop their interpersonal skills, improving team performance and creating a more positive, productive cultural environment
- Being easy to understand and recall makes long-term application and change far more likely



To view a sample Insights Discovery Personal Profile, request one by calling 1-866-424-4693 or emailing [info@livenow2012.com](mailto:info@livenow2012.com).

### What People Our Saying about Insights:

"The Insights Discovery language ...is fun to learn, inspirational to experience, easy to remember, effective and practical in application."

*Katrina Dunkley*

"Insights has provided the number-one method for helping people understand who they are, being more self-aware and being able to translate that into a development plan." – *Fay Goldsmith*

Insights development programs are simple and deeply insightful, they provide immediate impact and enable positive, lasting change. *Lynn-Marie Howden*

**Insights Discovery Licensed Practitioner**

**Chinwe & You, Home of Live Now 2012 Coaching Program**

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