

Recognizing Group Behaviour with Insights

Group Training

Training code CGARE1-2CD

Spoken Language Dutch

Language Materials Dutch

Dayparts 3

Price €825,00

excl. VAT No extra costs.

What is Recognizing Group Behaviour with Insights

Everyone is different – ??of course you know that. But what do you call that? How can you get the best out of yourself? And work well with others?

In this training we use Insights to better understand your own behavior and that of others. You learn that everyone has their own perspective. These 'glasses' color your perception and influence your behaviour. You learn to recognize and appreciate the differences, so that you can make a better connection with the other. And also with yourself!

Insights uses colors to indicate different behavioral patterns. You get to know these colors, first with yourself. In various exercises you will experience what this means in practice, and how you can better deal with different behavioral patterns. We investigate questions such as:

What does it mean when you put in your red energy? How do you see that blue energy is being used? What do I want to achieve if I use green or yellow energy? What does that mean for our collaboration?

Before the training you fill in the Insights Explore questionnaire. This provides insight into your preferred colors.

On day 1 you get to know and understand the model in an interactive way.

On day 2 we practice different situations and you will receive tools to use your strengths and avoid your pitfalls.

Who should attend Recognizing Group Behaviour with Insights

The training is intended for people who want to gain insight into their own behavior and that of others. This insight provides self-knowledge and the opportunity to better connect with those around you.

The training "Influence behavioral patterns with Insights is the follow-up to this training."



We also offer the 1-day Insights Discovery training. There we use the Insights Discovery questionnaire and you will receive a more extensive profile.

Prerequisites

Empathic Listening

Objectives

After the training you will be able to recognize, name and adjust behavior where necessary with the help of the Insights model. The ultimate goal is effective behavior: appropriate to the situation and in harmony with who we are.

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