

## Insights Learning & Development Ltd.

# Insights Compass Learning Library



- I need a cost-effective and flexible personal development program that offers a consistent approach within a diverse range of topics.
- A library of topical learning guides available for both workshop and online use would be extremely useful for creating a suite of innovative learning programs.
- How can I help my managers lead and coach their people more effectively?
- I do a lot of coaching and would welcome a structured development program to work through with my clients.

The Insights® Compass Learning Library is a suite of learning guides covering a wide range of personal and professional development topics, each available both online and in print. The learning guides address the major issues facing today's Managers and have a wide range of applications, from team-building to goal-setting to creativity - topics which are all designed to improve an individual's personal and professional effectiveness. The online learning guides offer additional functionality, including interactive exercises, sections of the participant's Insights Discovery® Personal Profile, and the option to have a personal coach track the participant's progress through the web site. Each guide takes about 1-2 hours to

complete thoughtfully, and each also contains optional additional exercises and suggested reading. Whether online or in print, the guides can stand alone, or form part of a 'Learning Pathway' of topics (see page 2). They are also ideal for 'blended' learning solutions, where different learning approaches, (e.g. e-learning and classroom learning), are blended to create a tailored solution.

The Insights Compass Learning Library guides are designed to deepen and broaden your use and application of the Insights model, and their flexibility of design makes them ideal for the creation of highly customized and blended learning solutions.

### PRODUCT SUMMARY - Printed Learning Guides

- Guides can be combined and printed to create customized learning materials to support workshops
- Provides access to the Compass Learning Library without the need for an Internet connection
- Learning materials are printed in full colour creating an engaging and accessible learning reference
- Can be used before, during and after a workshop

### PRODUCT SUMMARY - Online Learning Guides

- Guides feature interactive learning opportunities, inspirational audio clips and visual presentations
- Personalized with sections of each participant's Insights Discovery Personal Profile
- Responses can be recorded online and viewed by a personal coach, if one has been selected
- Ideal for meeting the needs of employees who work remotely and/or are frequently on the move
- Guides can also be printed for offline reading

### What Our Clients Say About Insights Compass Learning Library

*"The Insights Compass program has been well thought through. I found the material to be leading edge and enjoyable to use as it navigated me through a journey of self-discovery. The numerous references to "further reading" will ensure my bookshelves are well stocked for the future. The support was professional at a personable level. Thank you Insights."*

Frank Pring, People Development Team, AstraZeneca UK



Insights ●●● Igniting Corporate Spirit  
Transforming individuals, teams and organizations

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## Insights Compass Learning Library

Participants have the option to create their own Learning Pathway through these Learning Guides, or select one of our established Learning Pathways as described below.

### Compass Learning Guides for workshops, coaching support and/or self-guided learning

| Code | Guide Title   | Content Summary   |
|------|---|---|
| FM00 | Getting Started - Introduction  | This introduction underpins all other Compass Learning Guides and online modules  |
| FM01 | Insights Discovery® - The Key to Personal Effectiveness                       | Creates an experiential understanding of the Insights model and color energies, starting with perception. Perception is reality to most people, but we cannot connect effectively with others unless we understand how they perceive the world. |
| FM02 | The Psychology of <input type="checkbox"/> Self-Understanding                 | Deepens the understanding of the Insights model and Jungian preferences that underpin it  |
| FM03 | Recognizing Type  | Develop quick and easy ways to recognize others' behavioral styles from the many clues available  |
| FM04 | Shaping Team Dynamics - How <input type="checkbox"/> The Eight Types Interact | An in-depth look at the eight Insights personality types  |
| FM05 | Insightful Goals  | Developing goals that bring your vision into reality  |
| FM06 | Insights Into Influencing   | How to influence others and be able to apply your influencing skills in your personal life, within an organization, and in a selling situation  |
| FM07 | Understanding Your Blind Spots  | Exploring the aspects of our personalities that we do not always acknowledge, and turning them into strengths   |
| FM08 | Opposites Attract - You and Your 'Difficult Person'                           | Adopting practical strategies for communicating and dealing with our opposite type or 'difficult person'  |
| FM09 | Adapting & Connecting   | Learning to adapt and connect with others.  |
| FM10 | The Insights Discovery Profile  | The Insights Discovery Personal Profile - section by section. Understanding different color energy combinations.  |
| FM11 | Understanding The Insights Wheel®   | Explains the background to the Insights model and the Insights 72-type wheel  |

### Other Compass Learning Library Resources

|       |                               |  |
|-------|-------------------------------|--|
| RM101 | Taking Stock of Life          | Starts the goal setting process by reviewing and 'taking stock' of all of your life areas  |
| RM103 | Defining Personal Values      | Define and uncover your values   |
| RM104 | Creating a Personal Vision    | Assemble specific images to paint a picture of the life you want - create your personal vision. Use affirmations to help you bring your vision to life   |
| RM108 | Implementation Plans for Life | Take the life goals you have set for yourself and plan how to make them happen   |
| RM109 | Implementation Plans for Work | Take the work goals you have set for yourself and plan how to make them happen   |
| RM112 | Insights Into Creativity      | Discover how to use the gifts of your personality to unlock the creative genius within you. Remove the blockers that stand in the way of your creativity |
| RM117 | Managing Time - Managing Life | Attack your top time-wasters, discover and build on your time management strengths   |

### Recommended Insights Learning Pathways

|                                  |  |
|----------------------------------|--|
| Core Insights                    | FM00, FM01, FM02                                   |
| Advanced Insights                | FM00, FM01, FM02, FM03, FM04                       |
| Insightful Goal-Setting          | FM00, FM01, RM101, FM02, RM103, FM05               |
| Advanced Insightful Goal-Setting | FM00, FM01, RM101, FM02, RM102, RM103, RM104, FM05 |
| Insightful Creativity            | FM00, FM01, FM02, FM05, RM112                      |
| Life Planning, Action Planning   | FM00, FM01, FM02, FM05, RM108, RM109               |
| Time Management                  | FM00, FM01, FM02, FM05, RM117                      |
| Advanced Time Management         | FM00, FM01, FM02, RM102, RM103, RM104, FM05, RM117 |