

Becoming a Qualified Insights Discovery Practitioner: A New Chapter at Beacon HR



I'm delighted to share that I am now a qualified Insights Discovery Practitioner – and I'm excited about what this means for the support I can offer through Beacon HR.

An Unforgettable Learning Journey

I recently completed the four-day Insights Accreditation Course, and it was honestly one of the most engaging and rewarding development experiences I've had in years. Four days of deep learning, self-reflection, and great conversations with a group of thoughtful, like-minded professionals. It was a reminder of why I love doing what I do.

What is Insights Discovery?

For those unfamiliar, Insights Discovery is a psychometric model based on the work of Carl Jung. It uses a simple, accessible colour framework to help people understand themselves and others better.

It's rooted in the idea that greater self-awareness leads to stronger communication, more meaningful collaboration, and healthier working relationships – something we all need more of, especially in today's fast-moving and often demanding environments.

Understanding the Four Colour Energies

Insights uses four colour energies:

- Fiery Red
- Sunshine Yellow
- Earth Green
- Cool Blue

Each colour represents a different communication and behavioural preference. The model is backed by solid research, but it's also incredibly practical and accessible – which is exactly what I look for when supporting teams and leaders.



Why Insights Matters to My Work

For me, becoming an Insights Practitioner felt like a natural next step. I've spent years working alongside people during moments of change, challenge and growth. I've seen first-hand how powerful it can be when people understand their own preferences, strengths, and blind spots – and when teams learn to adapt and flex together.

Insights gives us a structured, engaging and positive way to support that growth. There were more than a few "aha" moments during the course – particularly around my own preferences and how they play out under pressure. It was also a timely reminder of the value of slowing down, listening properly, and giving people space to show up as themselves.

What's Next: How You Can Get Involved

Whether you're looking to:

- Build confidence as a new leader
- Strengthen team dynamics
- Or bring a little more colour (literally!) into your people strategy

...I'd love to help. I offer tailored workshops, coaching sessions, and team debriefs, all designed to meet your specific context and goals.

This new qualification is another tool in the Beacon HR kit – one that I can't wait to share.

Curious to Learn More?

If you're curious about how Insights could help you or your team, feel free to reach out. I'd be delighted to have a chat.



👉 Contact me today to explore how we can bring Insights to life in your organisation.

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