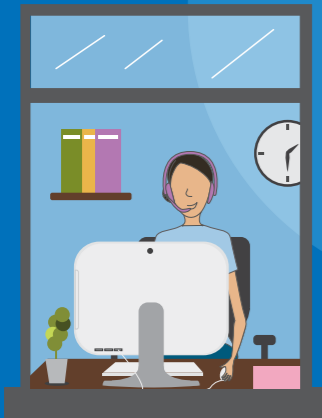


In a time when businesses are facing new challenges, *virtual learning* has become an essential part in developing talent and bringing together globally dispersed teams. Insights offers a selection of solutions that can help solve the challenges organizations face in this new virtual world.

## Introduction to Insights Discovery



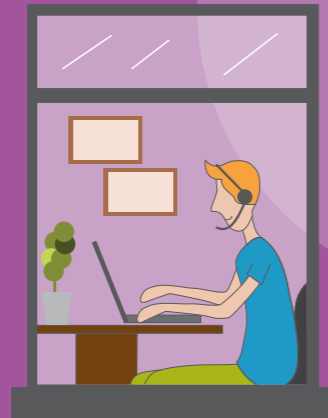
This session helps individuals build a greater understanding of themselves and their colleagues so they can have more respectful, productive and positive working relationships, even across virtual boundaries.

By knowing each other's preferences, team members can better meet the needs of their colleagues in meetings, when collaborating on projects, and even in everyday conversations.

### Learning outcomes:

- Individuals understand their own and others' virtual communication preferences
- They can connect better with their virtual colleagues to improve collaboration
- They have a common language to help them overcome challenges and conflict

## Virtual Insights Discovery Accreditation



The Virtual IDA is a rich learning experience that introduces the background, application and delivery of Insights Discovery. This program will give your training professionals all the skills and knowledge they need to deliver impactful Insights Discovery-based learning.

### Benefits of accreditation:

- Reduced facilitation costs and greater flexibility of delivery
- More sustainable method for delivery of large-scale programs
- The ability to weave Insights Discovery into existing learning programs
- Access to further development, upskilling, delivery and application support from Insights

## Working in a virtual team



This session is designed to jumpstart your virtual teams and help them to be as effective as possible in their virtual environment. Team members explore communication and preferences so they can develop better working relationships and understand more about their collective strengths and overall effectiveness as a team.

### Learning outcomes:

- Individuals understand the importance of personal preference, helping them work effectively in their virtual environment
- They understand the value that each team member brings to collective efforts
- They can build stronger relationships without the need for face-to-face contact

## Resilience in a remote world

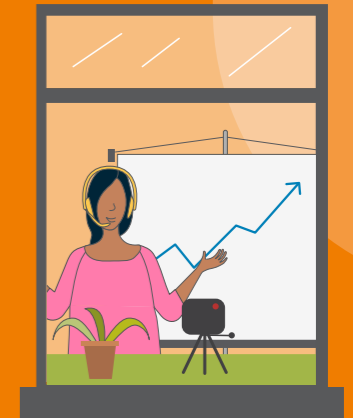


This session helps individuals reflect on their own strategies for building resilience and how their personal preferences influence their methods of coping with pressure. By improving their resilience, people can more easily cope with the challenges thrown in their path and prevent stress and burnout.

### Learning objectives:

- Increase knowledge of personal resilience and its key contributing factors
- Individuals understand differences impacting personal resilience within the context of color energy preferences
- They can identify personal resilience resources and drains, and build a personal resilience strategy

## Leading in a virtual environment



This session is designed to help leaders explore their core leadership strengths and challenges when leading in a virtual environment. It is suitable for leaders at all levels who want to improve their virtual leadership approach and learn how to get the most from their teams, especially within the virtual environment.

### Learning objectives:

- Individuals explore core leadership strengths and challenges when leading in a virtual environment
- Learn about how their virtual leadership approach influences those they lead
- They can identify ways to become more effective and productive in their remote leadership roles

Each session is a two-hour interactive learning experience, except for the Virtual IDA which runs over four days.

All sessions are supported by a pre-session e-module and post-session job aids and activities to help learners apply their learning back in the workplace.