



Hillmont Associates

People - Teams - Safety



CERTIFIED E-COLOURS
PRACTITIONER

THE PEOPLE EXPERTS

E-Colours Safety Training



Hillmont
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People - Teams - Safety

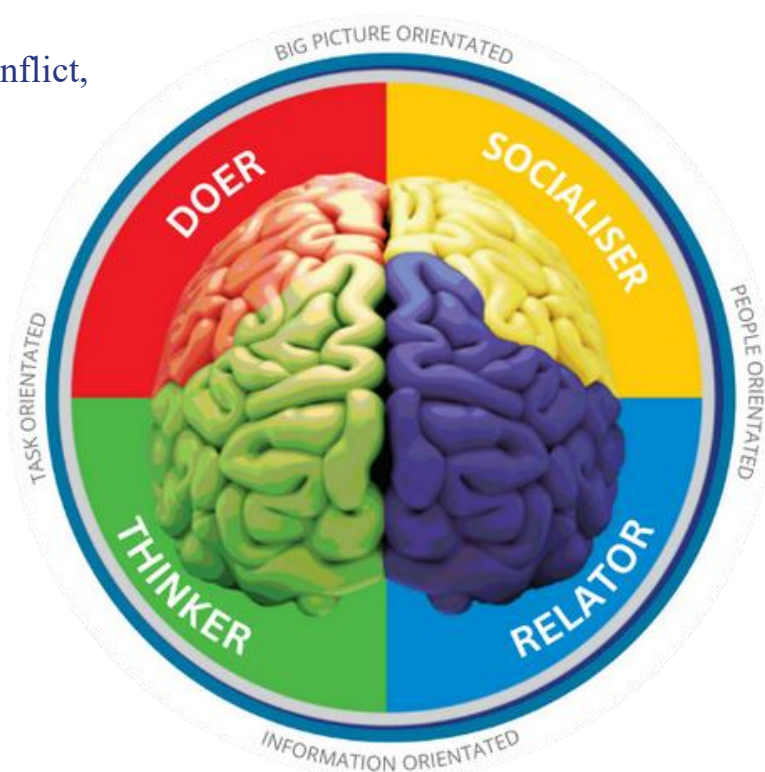
E-Colour Safety Training

Whether your team are predominantly Red, Green, Yellow or Blue E-Colours, this is the first personality diversity tool that has been applied specifically to improving safety with remarkable results.

As certified Practitioners licensed to train E-Colours, our self-awareness sessions help individuals uncover what drives their behaviour, where they may default under pressure, and how to work more effectively with others.

Whether you're leading a team, navigating conflict, or striving for personal growth, an E-Colours training session is the first step toward real, lasting change.

Share this life-saving tool - your team will thank you.



How It Works

1

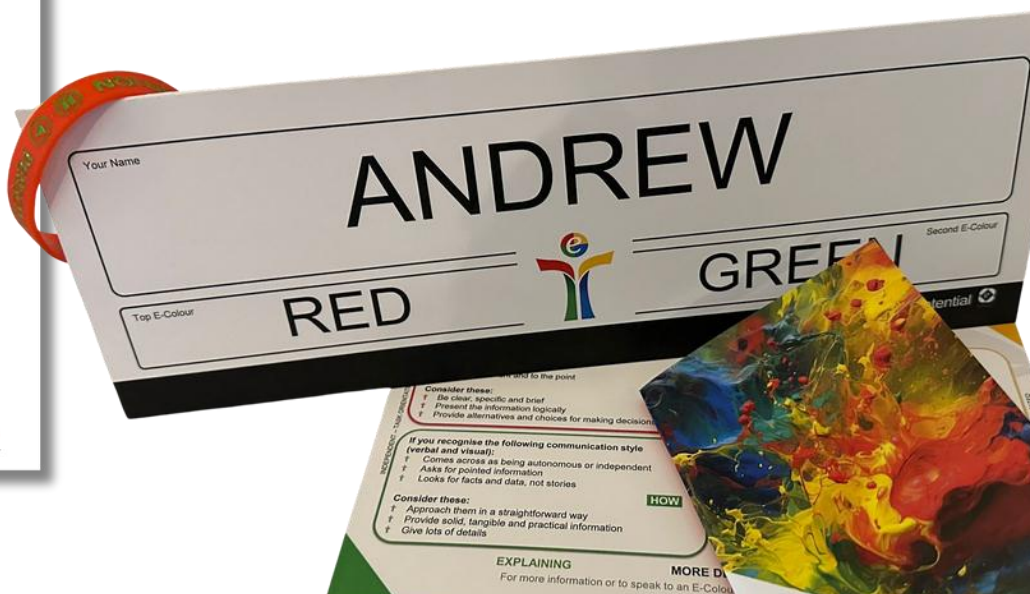
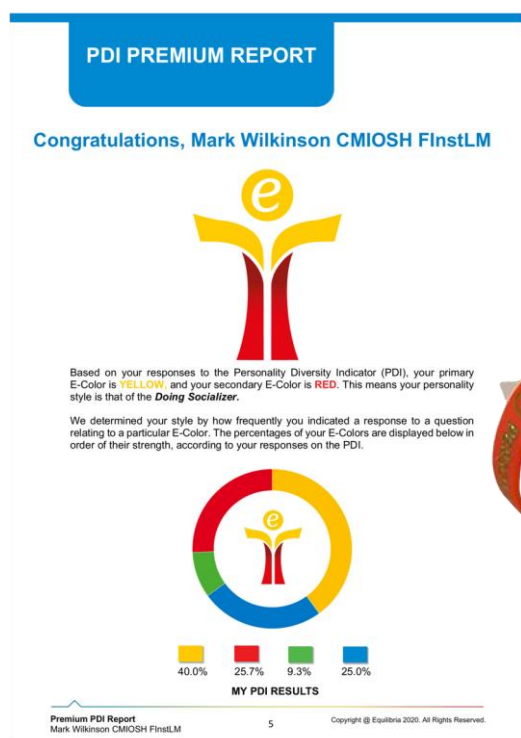
Invite your team to discover their E-Colours.
Each person receives a comprehensive Premium Report.

2

Bring your team together for a dynamic, engaging and interactive group session.

3

During the session we share a Team Composition Report - highlighting your group's collective strengths and development opportunities. They'll also receive a 'Take It Out Of Your Pocketbook' an Intentional Communication Guide and a Personal Intervention wristband.



Personalise Your Interactions For Optimum Results

Once you understand the people in your team, you can adapt how you interact with them based on their E-Colours, to ensure you achieve maximum results and performance. Here's a taster of just some of the information we can share:

How To Work With Me



Appreciate that I see everything as a task or a challenge.



Ask for my opinions and ideas.



Support my analytical and thought out approach.



Patiently draw out personal goals and work with me to help achieve them.



Effective Forms of Recognition



Recognise my
work and results.



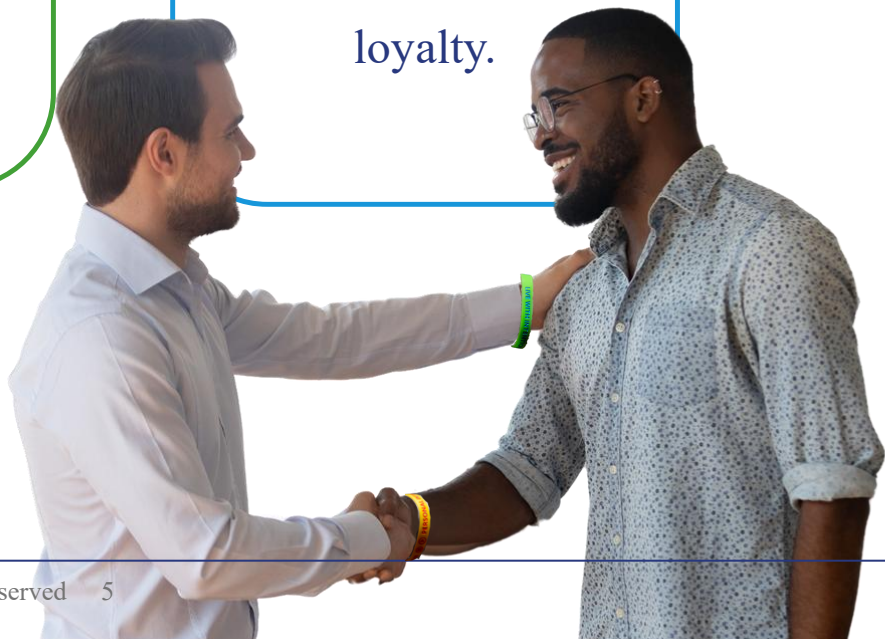
Recognise my positive
outlook
and optimism.



Tell me what I need to
improve so I can fix
it.



Be genuine with me
and appreciate my
loyalty.



How I Can Make Errors



Thinking that I
know best.



Getting distracted and
not paying attention.



Being singularly
focused on getting
something RIGHT.



Letting my emotions
get in the way.



How I Can Get Hurt



By my impatience.



Jumping in
to help
someone else.



When there's
no proper
plan.



When being
or feeling
rushed.



Using Personal Intervention - What Can You Do To Help Encourage Psychological Safety?



Push 'pause' on my tendency to do things myself.



Press 'pause' so others can voice their opinion without interrupting.



Press 'pause' on being too judgemental or expecting perfection.



Press 'pause' on reactions so as not to get triggered emotionally.



E-Colours Daily Practice

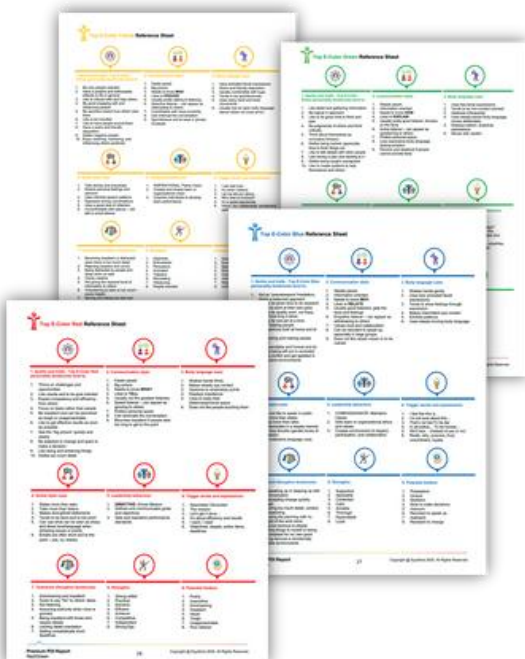


Mark Wilkinson - 1st
Life Remixed Author - Yellow / Red



THE PEOPLE EXPERTS
Specialising in E-Colours
Training and Health & Safety

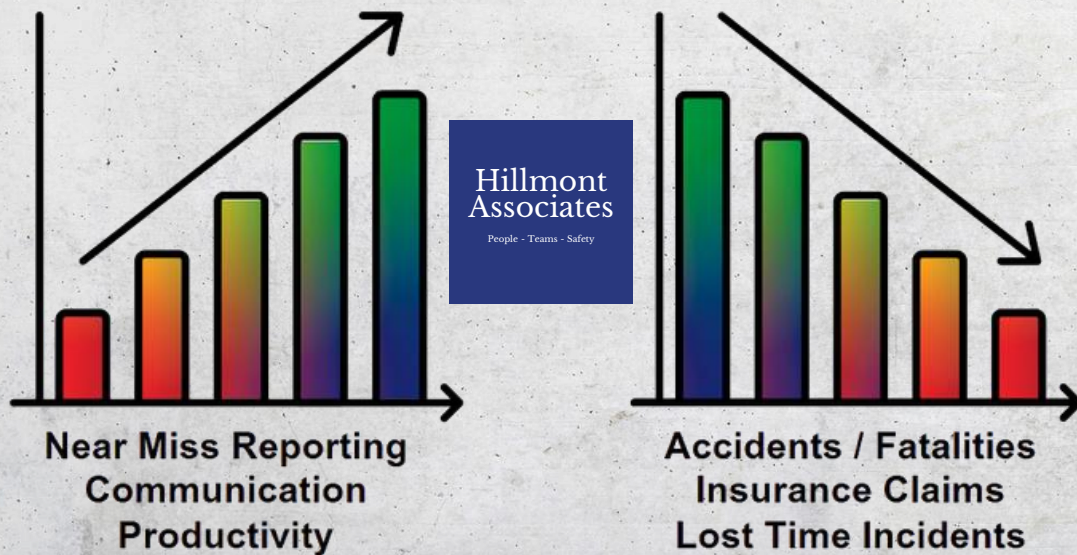
Emma Wilkinson
Business Director & E-Colours Practitioner
Green / Blue - The Relating Thinker
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Next Steps

Once your team has discovered their E-Colours, explored their strengths and potential limiters, and gained an understanding of personal intervention, the journey doesn't stop there! We continue with our **Human Safety Series**, all built on the solid foundation of E-Colours personality diversity.





Key Features and Benefits of E-Colours

1) Simplified Understanding of Personality

Styles: Uses four colours to represent personality traits, making it easy to identify strengths and potential limiters.

2) Enhanced Communication: Enhances interactions by revealing preferred communication styles of different personalities, enabling clearer and more effective communication.

3) Conflict Resolution: Helps identify personality-based conflict sources, promoting effective resolution strategies and reducing workplace tension.

4) Team Collaboration: Encourages teams to use diverse strengths and manage potential limiters, fostering balanced, effective dynamics and project management.

5) Leadership Development: Helps leaders adapt management styles to diverse team personalities, boosting leadership effectiveness and employee engagement.

6) Enhanced Safety and Risk

Management: Customises safety protocols to personality traits, increasing awareness and reducing workplace errors and accidents.

7) Cultural Integration and Inclusivity:

Fosters an inclusive culture that values diverse personalities, leading to a more harmonious and dynamic workplace.

8) Empowered Self-Management and

Mastery: Our Personal Intervention tools, empower individuals to manage reactions, enhancing mindfulness and decision-making.

Testimonials

"A fantastic E-Colours session that has really helped my team to become more aware of our tendencies to improve how we interact with each other.

E-Colours is a simple, effective tool that can help teams build upon their strengths and draw out areas where they may need support, coaching or training as part of their development. I highly recommend E-Colours if you want to link your tendencies with safety – it's a real eye opener."

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QINETIQ

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Health - Safety - Environment - Quality

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**MARIE-LOUISE
CHANDLER**
UK Safety Director

"I was looking for something that would help improve health and safety for our staff with a different approach based on behaviour and psychological safety.

The E-Colours course is the best course we have done. The approach and looking at safety differently was exactly what we were after. This course has given our team an amazing tool to understand not only our own strengths and potential limiters but also our wider team. One question asked that opened everyone's mind was: "How could I get hurt". I cannot recommend this course highly enough for people who want to make tomorrow safer than it is today."

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MARTIN BROGAN
Director - Health, Safety
& Environment

DULSCO

Hillmont
Associates

Health - Safety - Environment - Quality

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Testimonials

"A simple and engaging way to help you understand how you can get hurt. E-Colours teaches you self-awareness and so much more about yourself!

Mark delivers this in an easy-to-understand way that empowers you to make safer decisions, understand your team, potential blind spots and how you can be mindful of your own actions."



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SHARON SMITH
Head of Health & Safety

Heathrow
Making every journey better



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NATIONAL APPRENTICESHIP WEEK 2025

"Investing in our apprentices goes beyond teaching technical skills; it's about fostering a culture of safety, responsibility, and self-awareness from day one.

The E-Colours program has been instrumental in helping our apprentices understand their behaviour, improve communication, and ultimately reduce workplace risks. By developing these skills early on, we are not only protecting our workforce but also building a more resilient and proactive team for the future."



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CHRISTOPHER BRIGGS
Group Health and Safety
Director



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Testimonials

"This information needs to be heard.

Having done this work we all communicate better, and we are seeing a reduction in accidents, incidents and customer complaints – meaning our staff are more aware of great customer service as well as their own and others safety."



REBECCA MUPITA
Managing Director



transdev
AIRPORT SERVICES



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Working in the profession of health and safety for many years along with leading teams, regularly drives me to look for new opportunities to improve communication and develop how we interact and understand different cultures and personalities.

E-Colours is a fantastic development tool that can help individuals and teams better understand their strengths but more importantly in my opinion, understand that we are all wired differently and what style of communication works well for one person may have the opposite effect on another. E-Colours has helped our team recognise our own tendencies and those of others, helping us to build connections and recognise that we are all unique and sometimes require different interactions to achieve the best outcome.



CLAIRE BINNS
Group Director
of HSSEQ



venterra



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Who's Already Using E-Colours

Heathrow
Making every journey better

DESCARTES™



**Hillmont
Associates**
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**British
Antarctic Survey**

NATURAL ENVIRONMENT RESEARCH COUNCIL



DULSCO

wise
TECHNICAL LTD

 **venterra**

 **transdev**

Balfour Beatty

QINETIQ

 **AWIN**



Even with the best individuals,
success hinges on their ability
to work together as a high-
performing team.

THANK YOU!

Enhance the great work you're already doing.

We'd love to help you take your existing safety culture even further by introducing this people-focused tool.

Whether you'd like to book a complimentary E-Colours discovery session, explore our *Human Safety Series*, or simply find out how we can support your team - we'd love to hear from you.



Mark Wilkinson

Managing Director & Lead E-Colours Coach

Yellow / **Red** - The Doing Socialiser

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Emma Wilkinson

Business Director & E-Colours Practitioner

Green / **Blue** - The Relating Thinker

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www.hillmontassociates.com/e-colours-training



Discover your E-Colours at:
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