

Insights Discovery® for increased awareness and leadership

Based on the work of psychologists Jung and Jacobi this profile provides a fun and focussed way of understanding your unique perceptions and preferences and those of others. It helps you to understand your psychological preferences which underpins how you interact with others and the response you get. Use this to build your self-awareness and leadership skills



Increase Personal Effectiveness with Emotional Intelligence



A set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges and use emotional information in an effective and meaningful way' MHS – EQ-i2.0 (2011). We provide testing and development using the EQ-i2 .0 tool. Our accredited coaches have over 100 hrs of EI coaching experience. We can also use the specialist MT48 psychometric assessment and ACT principles for Personal Resilience.

Dynamic Team Development Events

The aim is to increase both self-awareness and awareness of team dynamics to facilitate communication, trust and team effectiveness. We use dynamic indoor and outdoor challenges, to accelerate learning, deliver impact and create shared experiences. We underpin learning with structured reviews, theory and powerful profiling tools, including Insights Discovery®, Belbin and SDI.

ILM Accredited Centre

For the level 7 Certificate in Leadership & Management and the Level 5 Certificate in Action Learning Facilitation.



Executive Coaching

Coaches are qualified and members of the European Mentoring and Coaching Council . We use a non-directive approach to support development from good to excellent and to enable positive movement through specific challenges and issues . E.g.: to increase resilience, emotional Intelligence, confidence and effective time management.

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REACH NEW HEIGHTS

'Using the Uniqueness of You and Your Organisation'

Co-owned and Directed by

Vanessa White and Allison Holland



REACH NEW HEIGHTS

- Insights Discovery®
- Emotional Intelligence
- Dynamic Team Development
- ILM Accredited Qualifications
- Executive Coaching

We use expertise and profiling tools to develop deeper levels of understanding and awareness in you, your team and your organisation. Identifying and exploiting your strengths, and targeting any de-railers; we support you to exceed your expectations