

Objective, Big Idea & Biblical Focus:

Help participants have a deeper understanding of themselves and how their personality and preferences influence their approach to life, work and relationships - the natural ways they navigate the world around them. These are helpful descriptions that contribute to naming, NOT labels.

BIG IDEA: A personality assessment can help describe us NOT define us. Insights describes HOW you like to work and interact in the world.

Highlight that the self awareness received from this assessment will provide insight and opportunity to better live out the many “one another” Biblical commands and principles for healthy community and servant leadership.

How it Works:

Have participants turn to page 16 on their insights profile.

Have participants locate themselves on the wheel.

Explain the matrix that makes up the wheel and its' 4 quadrants.

Label each quadrant, giving the following explanations:

- The color of each quadrant as it relates to the matrix
- The animal name and bird name for each quadrant
- The healthy and shadow side of each quadrant
- The ideal length of communication for each quadrant
- The way each quadrant deals with stress and conflict

Talk through the conscious and unconscious diagrams. Explain preference flow. See additional content section for helpful explanations of all the above.

Coaching Tips:

Each participant's Insights Report will be sent to you from Younique. You will want to share the pdf report with each person prior to this session. This should be a really fun exercise. Make sure to bring high energy and have fun with the participants as you go. Try to include the participants located in each quadrant as you're explaining each quadrant. Demonstrate how this assessment has helped you better understand yourself. Define energy as “what brings me life”. This is not about character, but natural preferences. Preference is a key word as it helps us understand we are capable of operating with all 4 colors but each of us have a unique combination of which colors are most natural for us to navigate the world through. This can help participants be intentional with balancing energy input and output based on their preferences. As a coach, honor, redeem and bring health to ALL colors.



Reference:

Journey 1, pg. 57-63

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Insights Behavioral Preference


Overview and Instructions

Insights Discovery is an in-depth personality preference assessment. This assessment includes an individual report that facilitates a deep understanding of how your personality influences your approach to life, work, and others. In addition to self-discovery, Insights will help you develop your interpersonal skills, improve your communication, and cultivate better relationships.

Insights Discovery Assessments are:

- Insightful, takes you places you never expected.
- Shared, practical language that shapes a conscious culture-gear for teamwork.
- Positive, supportive, engaging approach that empowers people to change.
- Simple, easy to understand so everyone can apply what they learn.
- Fun, memorable color energy system that really sticks.

The online Insights Discovery assessment is NOT a test! It captures your preferences for deeper self-understanding.




"Overcome the notion that you must be regular. It robs you of the chance to be extraordinary."
—Uta Hagen

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The Four Insights Color Energies

On a Good Day



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The Four Insights Color Energies

On a Bad Day




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The Four Color Summary



	Cool Blue	Earth Green	Sunshine Yellow	Fiery Red
Personality preference	Indirect Non-Emotive	Indirect Emotive	Direct Emotive	Direct Non-Emotive
Appears	Formal Conservative	Casual Conforming	Fashionable Stylish	Businesslike Functional
Work preferences	Structured Organized Functional Formal	Personal Relaxed Friendly Informal	Stimulating Personal Clusters Friendly	Busy Formal Efficient Structured
Style	Slow/Systematic	Slow/Easy	Fast/Spontaneous	Fast/Decisive
Focus	The Task: the Process	Maintaining relationships	Interacting/ Relationships	The Task: the results
Likes	Accuracy	Attention	Recognition	Productivity
Seeks security in	Preparation	Close relationships	Flexibility	Control
Wants to maintain	Credibility	Relationships	Status	Success
Is irritated by	Surprises Unpredictability	Insensitivity Impatience	Boredom Routine	Inefficiency Indecision
When considering a purchase is concerned with	How they justify the purchase logically	How it will affect their personal circumstances	How it enhances their status	What it does By when What it costs

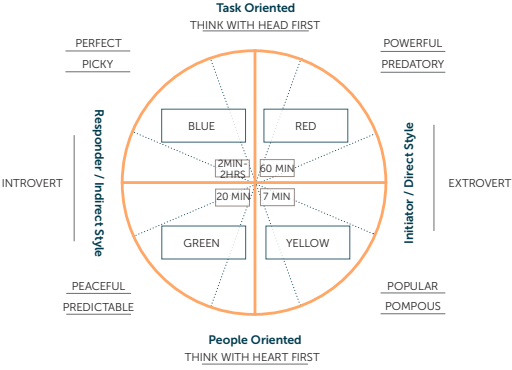
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How to Interpret Insights

Training Overview



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Insights Reporting

My Color Energies
page 17 from your Insights profile

Possible Blind Spots: Key Discoveries
page 12 from your Insights profile

- _____
- _____
- _____
- _____

My 8-type (Conscious Wheel Position):
page 16 from your Insights profile

My Opposite type:
page 13 from your Insights profile

Top two from Strengths:
page 7 from your Insights profile

Top two from Value to Team:
page 9 from your Insights profile

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One sentence that describes me most
pages 5–6 from your Insights profile

My Biggest Breakthrough Insight

Connections with my Life Drifts

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