

Embedding the language of color at work

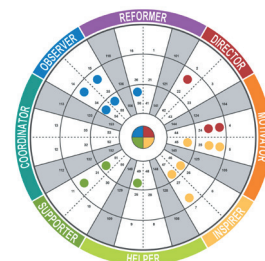
About this activity

You've had your Insights Discovery experience and now you've returned to your day job to think 'what's next?'

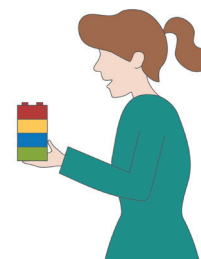
You've got your profile, and an understanding of how color energies show up and interact. Now it's time to start using this information to improve your relationships, your team dynamics and even your work environment. Follow our simple tips to get the most from your profile and Insights Discovery.

Activity

- **Display your Insights blocks and team wheel in the workplace**
This will let everyone see your preferences, and those of the wider team, so you can be mindful of how everyone prefers to communicate and work. This helps to create a respectful environment where preferences are taken into account when working together.



- **Take your blocks along to meetings and use them to display your preferences, emphasize different perspectives, or highlight when a particular color energy needs to be dialled up**
Bringing a visual reminder of the color energies to meetings reminds everyone that there are different viewpoints and approaches in the room. It's easier to remember to dial up (or down) certain color energies when you can see the preferences of your colleagues.



- **Share your profile with your team and your dominant preferences on social media**
Be proud of your color mix and share information about your unique style. When your colleagues know you better you have the foundations for really strong relationships.



- **Check in at the start of team meetings to share your dominant preferences**
A quick reminder at the start of meetings will help everyone communicate more effectively, in recognition of the collective color energy preferences.

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Remember

The Insights Discovery Personal Profile is about behavioral preferences – it does not describe your capability, motivation, or experience. Just because someone doesn't prefer to lead with Cool Blue doesn't mean they can't use it to complete a project.

We each have all four color energies within us; it is the combination of the four color energies that creates the unique YOU. This is why we don't reduce someone to their lead color energy. No one is "Fiery Red", they *lead* with Fiery Red, followed by a unique mix of the other color energies.

Each person, based on their personal preference, brings something different to the team. The color energies each have value, and the best teams have a balance of all four.

We are people, not color energies; be respectful when using the color language.

Follow the links below for more ways to keep the language of color alive in the workplace:

[Colorful frustrations](#)

[Strengths A-Z](#)

[Recognizing colors](#)