

# Continuing the journey with C-me

The profile report is just the start of the journey with C-me. Gain a deeper understanding of yourself and others by exploring how else the report can be used. Get in touch to create bespoke workshops or take a look at our most popular topics.

## **Foundation and enhanced workshops** (from 3-5 hours)

Great at introducing the C-me tool, the different behavioural preferences and exploring individual profiles and strengths. A chance to also look at the team colour wheel and its use in building a strong, sustainable team. Importantly includes creating an action plan to take learning forward.

## **Resilience**

We understand that many individuals, teams and organisations work at a fast pace and tackle the pressures of a competitive marketplace on a daily basis. Exploring our default behaviours under pressure this workshop uses C-me to manage stress, build confidence and well-being, and strengthen team resilience and performance.

## **Building High Performing Teams**

We know that building successful teams is crucial to long-term success for any organisation. Introducing ‘colour’ as a shared language, this workshop equips teams to understand, support and trust each other - to create a culture where challenge is welcomed, innovation encouraged and productivity increased.

### **Conflict and Candour**

Increase engagement, innovation and productivity through developing healthy teams. Learn how to handle difficult conversations. Be equipped with practical strategies to enable you to recover from setbacks quickly and encourage an environment of trust and challenge.

### **Powerful communication**

Improve relationships by adapting communication styles. Discover how to harness the strengths of all colour combinations to build long term buy-in and influence with key stakeholders.

### **Management Training**

Using 'colour' to increase team capability, lower stress and align roles and goals. Essential for anyone in leadership or aspiring to management.

### **Leadership Training**

As a leader, self-awareness is essential. Learn how to modify behaviour to embrace authentic and situational leadership.

### **One to one Coaching**

Taking a deeper dive into your individual profile and how you can apply it for change.

### **Recruitment Consultation**

Useful at final interview stage, to shape questions and inform team fit.

For a more detailed description of any of our workshops, please go to [www.colour-profiling.com](http://www.colour-profiling.com) or get in touch at [contact@colour-profiling.com](mailto:contact@colour-profiling.com)