

Digital Training Programme

At C-me our passion is to support and enable people to communicate better, to understand others and continue to feel connected as part of a wider community. We recognise that in these ever-changing times, many of us are in unfamiliar territory and facing daily challenges where we may need to learn new skills quickly.

Here at C-me we are still delivering all our services through our virtual platform and will continue to deliver the same value as we would face to face.

Our digital training programme is designed to equip those who are Accredited or have experience using C-me colour profiling. To help in the current climate - each of the sessions will include practical tips on how to apply this learning remotely.

The aim is to increase your understanding of C-me and its potential applications, provide practical exercises to broaden your use and help you build confidence in using C-me in whichever context you find yourselves in, whether that be with clients and customers, with staff internally or with family and friends.

Remote Working

Working remotely can be an adjustment, and our responses to it will be individual and unique to us. This webinar is designed to help us consider our own individual behaviours, so we are more intentionally playing to our strengths, but also to help us consider the different styles of those around us, with whom we work.

This webinar touches on areas of remote working such as our individual and team strengths and dynamics, calls (internal and to clients), video conferences, keeping motivated, time management, written communications and how to keep engagement and maintain productivity. There is also a section for those managing others and some practical things to consider in that area.

Sessions available 1.30pm-2.30pm Weds 6th May and 10am-11.30am Fri 29th May

Building Resilience & Managing Stress

Resilience and well-being have rocketed up the corporate agenda as businesses have begun to realise the costs associated with a workforce that is stressed, burned out and in the worst cases, absent long term. Everyone gets stressed from time to time, but the current situation and the necessity to work remotely means awareness around our own stress triggers is even more important. C-me can help leaders and managers get the best from their people by learning how to help those with different colour preferences stay within their high performance zone:

- understand the triggers of stress for yourself and others
- learn to identify the stress behaviours for yourself and others
- increase awareness of the most effective behaviours to reduce stress and restore sustainable high performance

This session will include: explanation of what C-me helps us to see and understand about stress triggers and responses; sharing of exercises you can use to help grow

awareness for teams in these areas; time for questions and discussion. We will also be looking at how to apply this session remotely.

Sessions available 10am-11am Weds 13th May and 1.30pm-3.00pm Thurs 4th June

Feedback & Challenging Communications

We have all had times where we have needed to have a difficult conversation with a team member, colleague, supplier or investor – often with so much riding on the outcome of those challenging moments! So, how do we handle those difficult conversations or situations to bring about positive change?

The session will cover:

- Introduction of a tried and tested structure for delivering effective feedback and exploring how that should be flexed/tailored for different colour preferences.
- Reviewing communication preferences for colours including in remote working
- Exploration of what is helpful/ stressful for different colour combinations in challenging conversations.

This session will include: background theory in these areas; an experience of exercises you can use within teams to help others explore this and time for questions and discussion.

Sessions available 10am-11am Weds 20th May and 1.30pm-3.00pm Thurs 11th June

Pricing for Digital Training:

£65 for a single session and £150 for 3 session credits (prices exclusive of VAT)

These sessions are designed for those who are accredited or have significant prior knowledge or experience of C-me.

To book please contact jemima@colour-profiling.com