

Digital Training Services

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.

C-me are committed to helping you by providing practical tools to navigate this difficult time and continue to move forward. We're busy working on affordable options for both individual learning and for teams.

We can offer bespoke webinar sessions tailored to you, your team and organisation. These are flexible, designed around your objectives and can be scheduled at a time to suit you. C-me can offer these learning opportunities remotely to groups of different sizes.

Here are some of our key topics, but note you can combine elements from different ones to design your own bespoke session...

Understanding Behavioural Preferences Report required for each participant

We use our simple but effective profiling tool to introduce a shared language for different styles and likely strengths. This helps build individual understanding of one another and of likely ways of working as each profile is mapped on to a team wheel visual. The individuals then have their reports to refer back to and share for personal development in the future. At this time, we know that sections exploring approaches to setbacks, remote working solutions and resilience are particularly relevant.

Session can be shaped to your objectives and needs, but typically include:

- An introduction to the 'colours' and the tool
- A look at the profile to specifically promote self-awareness
- An exploration of individual strengths, communication styles, approaches to setbacks & resilience
- The team colour wheel tool and its use in building a team
- Creating an action plan to take learning forward

Sessions consist of two 45 minute sessions at a time to suit you.

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.

Resilience & Stress Management

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 clients in these areas; time for questions and discussion.

Effective communication, challenging conversations & feedback

We have all come across 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?

We will cover:

- Reviewing the communication style & challenges of each colour preference
- Colour and conflict – what is the impact of differences in colour preference on conflict triggers and how can this language help us navigate differences well
- Exploration of conditions necessary for different colour combinations to have challenging conversations well
- Introduction of a tried and tested structure for delivering effective feedback and exploring how that should be flexed/tailored for different colour preferences

This session will include: an explanation of some key strategies to help engage successfully in challenging conversations, sharing of exercises you can use within teams and time for questions and discussion.

Successful Change Management

Despite the availability of excellent theory on how to manage change programmes successfully, most people can share stories of failed change initiatives they have experienced. In a very practical, accessible way, C-me helps change leaders support individuals and teams through change by identifying:

- how the different colour preferences are likely to respond to change
- what approaches help each preference to engage with the change process
- and what can cause them to get stuck along the way

This session will include an introduction to change management through the C-me lens; offer practical ideas for how you could use these insights with teams you are working with; time for questions and discussion.

High Performing Teams

We know that building successful teams is crucial to building long-term success for any organisation. We need teams that share a common goal. Teams that are equipped to understand, support and trust each other - where challenge is welcome, innovation encouraged and productivity increased.

We will cover practical tips on how to leverage the additional sections of the High Performance Plus report, providing tools to:

- Maximise team engagement and participation
- Explore the benefit of increased thought diversity
- Build a transparent and committed culture
- Align ownership of roles and goals

This session will include: a practical session exploring the tools available to engage teams quickly and ensure they fulfil their potential, including a time for questions and discussion.

Pricing for bespoke Digital Training:

1 hour session £495 for up to 12 participants

Profile reports, if required in addition. If you have a small team, we would be happy to discuss a price per person, including a report.

Bespoke 2 x 45 minute sessions £995 for up to 12 participants. Content can be selected to create a workshop tailored to you and your objectives. If you have a small team, we would be happy to discuss a price per person, including a report.

Profile reports, if required in addition.

Pricing for Understanding Behavioural Preferences (2 x 45 minute) sessions

£995 for up to 12 participants – this includes an additional 30 minute follow up coaching call with the Team Leader

Profile report for each participant is in addition.

Discounts provided for Not-for-profit organisations. Prices exclusive of VAT

To book or find out more please contact daniel@colour-profiling.com