



AGENDA · RUNNING ORDER

From Insight to Impact

C-me 360 Workshop: From Insight to Impact. Eight sections moving from honest reflection to a committed personal action plan.

90–120 min

TOTAL TIME

8

SECTIONS

5

EXERCISES

4

REFLECTIONS

	5 min	Welcome and how today works	—
	10–15 min	Arriving with honesty — individual reflection and pair conversation	01
	20–30 min	Reading the gap — individual reflection and group debrief	02
	10 min	Break	—
	15 min	The gap behind the gap — trio conversation OPTIONAL	03
	10 min	Unpacking the questions — individual reflection and pair conversation OPTIONAL	04
	5–10 min	Strengths worth keeping — individual reflection	05
	20–30 min	Choosing what to change — individual reflection and feedforward conversation	06
	15 min	Making it real — relationships and context OPTIONAL	07
	15–20 min	Personal colour action plan and close	08