



WORKSHOP OVERVIEW

C-me 360 Workshop: From Insight to **Impact**

Turn your 360 feedback into a **clear, committed plan** for how you lead and work.

01 Who is this **workshop** for?

This workshop is designed for individuals who have recently gone through the C-me 360 feedback process and now hold a current C-me 360 feedback report - taking participants beyond self-awareness into real, relationship-level behaviour change.

From Insight to Impact is hands-on, honest, and immediately applicable. Using the C-me colour language as the shared framework, participants explore the gap between how they see themselves and how others experience them and decide what they want to do about it.

There is an expectation that participants have completed the foundation workshop and understand the colour language.

02 What are the **benefits** of this workshop?

Taking part in this workshop, participants will:

01 Understand the gap between self-perception and how others experience their colour energy

02 Identify the specific behaviours that are working well, and those worth developing

03 Use a structured framework to move from data to committed behaviour change

04 Practise feedforward conversations that build self-awareness and unlock new perspectives

05 Apply C-me insights directly to real working relationships and current challenges

06 Leave with a personal colour action plan grounded in their profile and ready to put into practice

03 Additional **workshops** available...

Communication and conflict

Stress and resilience

Team cohesion

Leadership development

Influencing with impact

Change management