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INSIGHTS Ice-Breaker Activity

Insights Discovery

Successful interprofessional relationships are the key to successful healthcare teams. How people work with those around them directly impacts the effectiveness and safety of patient care.

Insights Discovery is a psychometric tool based on the psychology of Carl Jung. It uses a simple and memorable four color model to help people understand their style, their strengths and the value they bring to the team. These color energies, **Fiery Red**, **Sunshine Yellow**, **Earth Green** and **Cool Blue**, explore how and why people behave the way they do.

Activity Instructions

1. Before the IPE Disaster simulation, take 60 seconds to learn more about your unique color.
2. To discover your color click here: <https://www.insights.com/us/products/insights-discovery/>
3. Be prepared to share your unique color with your team members during the simulation.

