



KEYS TO PERSONAL SUCCESS

Programme Outline:

This one day programme is designed to introduce the concept of True Colors to individuals, teams or organisations to enhance self esteem, self confidence, individual contribution and team performance.

True Colors® has been used within Business and Education in the US for the past 30 years. Based on Jungian personality theory and derived from the internationally renowned and thoroughly researched Myers Briggs Type Indicator – True Colors provides a self discovery process which reveals the key characteristics of individual personalities.

Programme Benefits:

Using interactive and fun learning methods incorporating the concept of “Edutainment” (combining education and entertainment) people gain valuable insights into their values, strengths, joys and needs.

Everyone can benefit from a True Colors experience:

- Everyone wanting to develop a better insight into their character and how to use this to make life choices
- Students who want to understand the type of career path they should take to match their character or personality
- Parents who want to create a better connection with their children
- Everyone in personal relationships who want to enhance their connection or communication with their partner or friends
- Anyone in business or organisations who would like to better understand and appreciate others to enhance their own job satisfaction or personal performance
- Managers in business or organisations who want to develop new ways to motivate and inspire their teams

Programme Structure:

- Self discovery for individuals enabling them to articulate and appreciate their personal strengths which enhances their self esteem and self confidence
- Interactive group learning working with people who are “like us” and those “not like us” which develops an appreciation and understanding of others
- History and background of personality theory to enhance understanding of the psychology of personality typing and communications.
- Ways in which to connect with other people to enhance relationships, communication, self confidence and personal effectiveness.
- Individual reflection time to integrate the learning and thoroughly understand the True Colors® concept and how it can be applied in every aspect of life.

**For More Information About True Colors Personal Success Events
Please e-mail info@truecolorsuk.com**



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Programme Outcomes:

Participants will develop:

- An appreciation and understanding of their character type – emotionally, physically and psychologically
- Understanding and appreciation of other people and how this may differ from their own perceptions and reactions to situations or experiences
- Techniques to better manage communications and relationships by effectively expressing their needs, values
- Strategies and techniques to communicate effectively with others who are different

Pre-Requisites:

None - this programme is the foundation for other Advanced Programmes offered by True Colors UK.

Clients Comments:

“The day proved not only to be relaxing and fun but the benefits have been recognised by other departments across the organisation”

“I have a better understanding of what motivates me in my job and in life in general”

“I have a better understanding of what motivates my colleagues and how these impact their reactions in different situations, this has greatly enhanced how we relate to each other and I feel the team is now more efficient”

“The greater awareness of what our colleagues values are have brought about enhanced team working and a reduction in complaints”

“I have a better understanding of communication styles that will and can be utilised in both internal and external relationships.”

Programme Availability:

True Colors UK offers programmes in the following ways:

- Open event for groups of 10 or more who want a fun and interactive self discovery experience to build their confidence, self knowledge and appreciation of others
- Corporate events for companies or organisations who want to inspire and motivate their employees and better understand the contribution each person can make to the collective whole.

We offer individual or group coaching to support the ongoing learning and development of individuals or teams sustaining the benefits of the True Colors® events.

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