



True Colors®: Keys to Personal Success

True Colors® is a personality profiling tool which helps people to build stronger relationships, enhance self-confidence and self-esteem and define what's really important to them. The tool also helps to identify what causes stress and frustration for a particular individual, and how they can manage these situations to feel happier and increase resilience.

Once people understand their own personality traits, behaviours and characteristics, they can develop an awareness of how they impact those around them. In the workplace, this is valuable in building and developing teams, helping them to deploy their diversity to approach problem solving and collaborate more effectively.

Our True Colors® workshops bring a wealth of benefits to both individuals and the organisations in which they work.

True Colors® helps individuals to:

- identify personal strengths and remove obstacles to success
- improve communication skills
- use personal strengths to improve organisational performance
- better understand others, both personally and professionally
- value differences and develop greater tolerance of different working styles.

True Colors® helps organisations to:

- develop more effective leaders through greater understanding of self and others
- create effective work teams with a variety of styles and strengths
- reduce stress by using the strengths of the team more effectively
- foster a more harmonious and productive environment
- develop a universal language that accelerates problem solving, increases trust, and reduces conflict.

True Colors® workshops can be designed to meet your specific needs and support a variety of learning and development outcomes, for example:

| Building effective teams | Improving teamwork | Developing more effective leaders | Improving health and wellbeing | Managing and reducing stress | Improving communication skills | Managing change more effectively | Developing resilience | Increasing employee engagement |

The tool can also be used to accelerate and enhance executive, personal performance or team-based coaching sessions.



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Course Outline

What our clients say about True Colors®

"I have learnt so much about my communication strengths and weaknesses and thinking about how my style may impact on others means I can begin to adapt it. I'll be more mindful; I'll listen and reflect more carefully and help communication to flow more smoothly. From a management perspective, this will really help us identify how to best support and motivate our employees." **HR Manager, British Safety Council, London**

"I thought this course was fantastic! I now have a much better understanding of how others work and perceive things. I can already see a difference in the way team members communicate with each other." **Faculty Leader, Ridgewood School, Doncaster**

"This was a fantastic, motivating workshop which provided a wealth of wisdom and real food for thought. Very engaging, too. Thank you, Lisa: you are awesome!" **Marketing Team member, SCC, Birmingham**

"Super!" "Fun and informative!" "Really made me think." **Moor End Academy, Huddersfield**

"Working out my 'true colour' has really helped me understand how others might think differently from me. I now know my team better and we have a greater understanding of each other. I loved how well the workshop trained us so interactively. We weren't just 'talked at' - it was a really good mix of tasks and presentations." **Admin Team Member 4Site Security, Leeds**

"I'm mentoring five NQTs this year: now I know them and their strengths a great deal better and I feel I will be able to support them more." **Warwick Road Primary School, Batley**

"This workshop gave me the opportunity to reflect and explore better ways of doing things, how to improve relationships with colleagues, bring out the best in my team and work more congruently myself. Really helpful." **Team Leader Economy Department, Oldham Council**

"Understanding other colleagues' behaviours and how I react to them has been so helpful. It was very insightful, informative, well-delivered and raised awareness." **St Barnabas & St Paul's Primary School, Blackburn**

Delivery designed around you

Our delivery style is fun, interactive and dynamic: we believe that everyone learns more efficiently when they're enjoying themselves! By developing delegates' knowledge and understanding and providing tools and strategies for transferring their learning to the workplace, our workshops quickly increase your people's effectiveness.

Programmes can be tailored to your exact needs and delivered as full- or half-day workshops or as separate modules, depending on the outcomes you want to achieve. We also offer follow-up coaching for individuals and teams. It's our mission to give excellent returns on your training investment with real value for money and flexible, friendly delivery.

To find out how True Colors® could help you and your people, Contact Lisa or Adrian at LPD.

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