

True Colors is an inventory designed to help you better understand yourself and others, an activity used to promote the appreciation of individual differences, a self-awareness activity enabling individuals to become aware of their personality styles, and a team-builder helping members to understand the preferred styles of their colleagues.

True Colors assessment workshop (3 hours) covers history of temperament theory, learning about your color spectrum and personality styles and several activities to meet the goals of the workshop. Below is an agenda.

- I. Introduction, Ice Breaker, Goals
- II. True Colors Evolution
- III. Your True Colors are? (Card Sort)
- IV. Brightest Color Validation Activity
- V. Edutainment
- VI. 4 Colors Blended Application Activity
- VII. Closing

For more information about True Colors, you can contact Christina Rivera (crivera@napavalley.edu) or click on the link below.

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