



PROFESSIONAL DEVELOPMENT

True Colors: Leveraging Your Unique Personality for Effective Communication and Stress Management

True Colors is a tried and “true” self-discovery tool. This interactive workshop offers opportunities for self-reflection and to grow your awareness of how different personalities connect with the world around them. Our innate personalities impact the way we communicate in business and personal settings as well as how we react in stressful situations.

This workshop covers the following:

- overview of personality traits & behaviours in organizational settings
- understanding the impact of behavioural style on communication preferences
- leveraging conflict situations for co-op success
- navigating the democratic decision-making process
- managing stressful situations

Duration:
**Full Day
Workshop**

Date: _____

Time: _____

Location: _____

Last Revision: January 2013
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WORKSHOPS | Your Portable
on **DEMAND** | Workshop Series

 **Peel/Halton**
Co-operative Housing Federation