

What Are Your True Colors?

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Learning Objectives

- o Identify your primary and secondary colors.
- o Describe the attributes associated with each color.
- o Create a list of key words to use with each of the four colors to capture your interest, problem solve, enhance esteem, and begin conversations in a positive way.



ONE PERSON'S "ANNOYING" IS ANOTHER PERSON'S "INSPIRING AND HEROIC".

Quiz Time



Blue

I need to feel unique and authentic

Enthusiastic, Sympathetic, Personal

I look for meaning and significance in life

Warm, Communicative, Compassionate

*I need to contribute, to encourage, and to
care*

Idealistic, Spiritual, Sincere

I value integrity and unity in relationships

Peaceful, Flexible, Imaginative

*I am a natural romantic, a poet, a
nurturer*

Orange

I act on a moment's notice

Witty, Charming, Spontaneous

I consider life as a game, here and now

Impulsive, Generous, Impactful

*I need fun, variety, stimulation, and
excitement*

Optimistic, Eager, Bold

*I value skill, resourcefulness, and
courage*

Physical, Immediate, Fraternal

*I am a natural trouble-shooter, a
performer, a competitor*

Green

I seek knowledge and understanding

Analytical, Global, Conceptual

I live life by my own standards

Cool, Calm, Collected

I need explanations and answers

Inventive, Logical, Perfectionistic

*I value intelligence, insight, fairness, and
justice*

Abstract, Hypothetical, Investigative

*I am a natural non-conformist, a visionary,
a problem solver*

Gold

*I need to follow rules and respect
authority*

Loyal, Dependable, Prepared

*I have a strong sense of what is right
and wrong in life*

Thorough, Sensible, Punctual

I need to be useful and to belong

Faithful, Stable, Organized

I value home, family, and tradition

Caring, Concerned, Concrete

*I am a natural preserver, a parent, a
helper*

Group Work Time



In Your Group...

1. Create a list of words that most describe you as a group.
2. Describe your work style.
3. Describe your leadership style.
4. Describe what a “bad day” looks like.

Debriefing Time





Questions?

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