

Personality Dimensions®: Introductory Workshop

Curious about understanding what motivates behaviour in yourself and your team? Interested in exploring tools and techniques for working with different personalities and temperaments?

Personality Dimensions® is a comprehensive and interactive self-assessment instrument, designed to promote understanding and appreciation of individual differences. Four colours are used as a metaphor for the four temperament preferences identified by David Keirsey: Inquiring Green, Organized Gold, Authentic Blue, and Resourceful Orange.

Workshop Objectives:

1. to familiarize yourself with the *Personality Dimensions®* workshop model/resources.
2. to complete the *Personality Dimensions®* self-assessment process and experience the entertaining, interactive exercises.
3. to recognize your own unique blend of strengths and qualities, and to appreciate others' differences.
4. to use your knowledge of self and others to improve interpersonal relations and team work.

Personality Dimensions® offers numerous benefits for your team and organization, including:

- improved work performance and morale
- more cohesive, cooperative, effective teams
- decreased conflict and stress reduction
- improved decision-making

Learn more at www.personalitydimensions.com

Facilitator:

Gerard Murphy, Barefoot Facilitation Inc.

www.trybarefoot.com