



True Colours: Personality Perspectives

BETTY HART

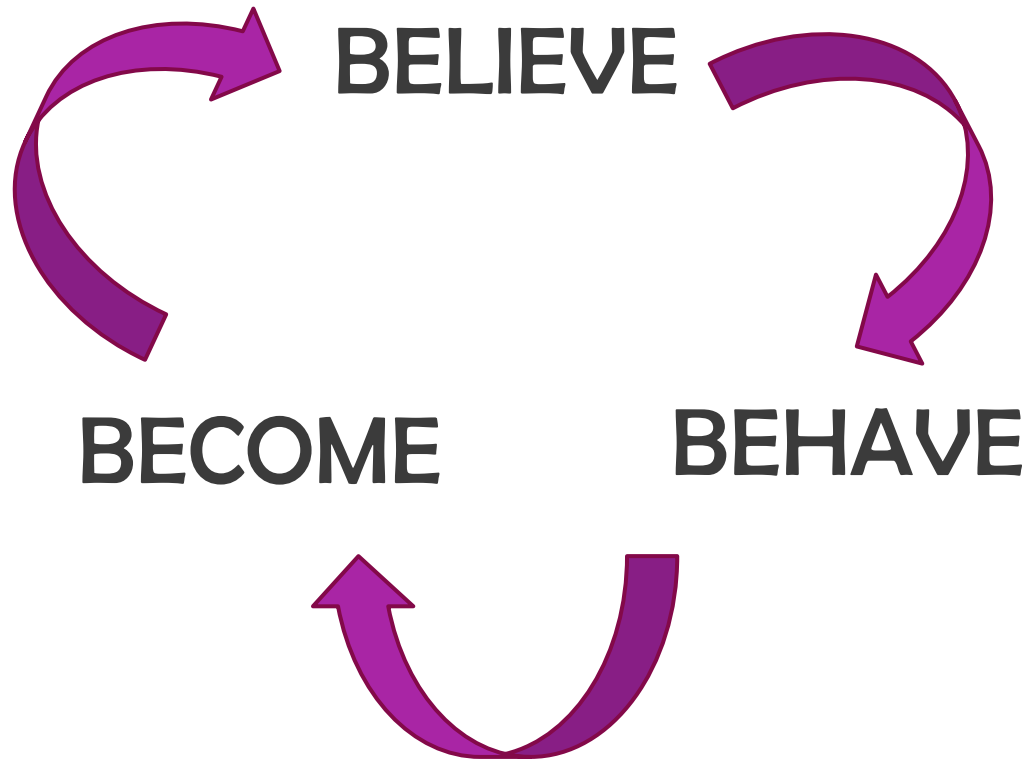


**True Colours
is a
*METAPHOR***

Each person is a unique blend - spectrum of the 4 colors or personalities.

There are **NO** bad or good colors.

Promotes communication, understanding, positive self-worth & self-esteem.



*“All of us think we see the world as it is;
when in reality we see the world as we are”
Stephen Covey*



I am spontaneous. I like independence and freedom. I need fun, variety, stimulation and excitement. I value skill and courage. I am a natural trouble-shooter, performer and competitor. Words that best describe me: Witty, Impulsive, Generous, Bold, Charming, Energetic, Optimistic, Physical, and Competitive



I need to feel unique and authentic. I look for meaning and significance in life. I value integrity and unity in relationships. I am a natural romantic, artistic and nurturing. Words that best describe me: Enthusiastic, Sympathetic, Personal, Spiritual, Natural, Sincere, Peaceful, Flexible, Imaginative, and Creative.



I follow the rules and respect authority. I have a strong sense of right and wrong and I need to be useful and belong. I value home, family and tradition. I believe in work before play. Words that best describe me: Loyal, Dependable, Prepared, Organized, Punctual, Faithful, Caring, Detailed, Reliable, Practical and Helpful.



I seek knowledge and understanding. I live life by my own standard. I need explanations and answers. I value intelligence, insight, fairness and justice. I am a natural non-conformist, visionary and problem-solver. Words that best describe me: Analytical, Cool, Perfectionist, Inventive, Abstract, Hypothetical, Sarcastic, Calm, and Independent.

Famous Colours

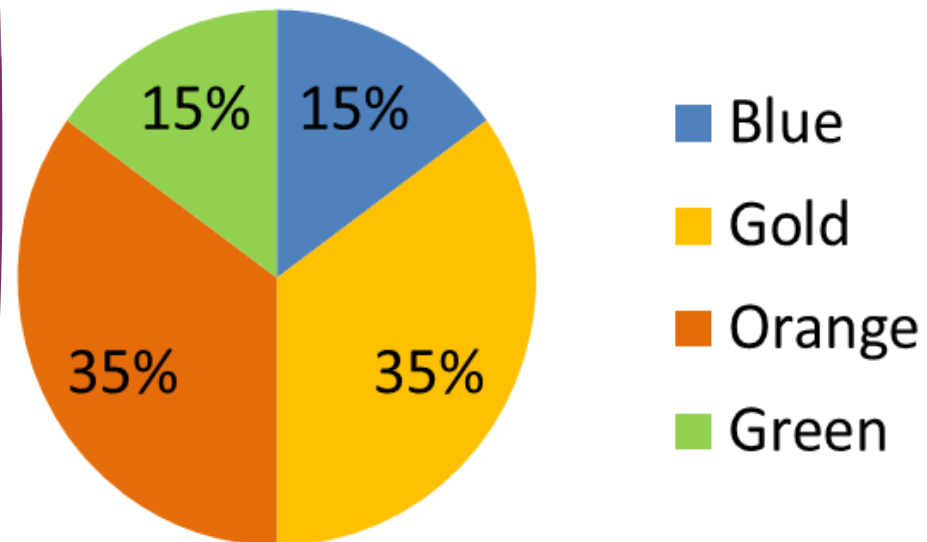
*GREEN: Barack Obama,
Thomas Edison*

BLUE: MLK Jr., Oprah Winfrey

ORANGE: JFK, Rihanna

*GOLD: Mother Theresa, Kanye
West*

General Population





1) Pick 1 Colour Group

- Orange: Maker Lounge
- Blue: Alpha Conference
- Gold: Learning Lab
- Green: Commons

2) Complete in 20 Minutes

- Colour Questions
- Select 1 response per question
- Prepare IMPROV style group presentation



Group Activity