



An interactive and engaging **workshop** (3 hours)

Personality Dimensions® has established itself as the fun and interactive Canadian-developed personality tool to improve teamwork, acceptance and leadership. With its roots in the work of Jung, Myers-Briggs, Lowry and Berens this dynamic system is a culmination of Canadian research and validation since 2003.

Not only does it support temperament theory but provides an easily understood methodology for building self-awareness, self-esteem and effective communication strategies. It helps explain what motivates behaviour in people with different personalities or temperaments.

Participants choose the temperament or personality that is most like them from four temperament-based, color-coded Picture Cards. The learning is memorable and easy to apply. Flexible to organizational needs **Personality Dimensions™** provides a framework for understanding co-workers' needs, acknowledging varied strengths and skills, and appreciating differences and diversity.

You and your group will:

- Identify preferred temperament style—Inquiring Green, Resourceful Organ, Organized Gold or Authentic Blue
- Learn how temperament preferences interplays with co-workers
- Better understand yourself and others with improved teamwork

Tailored to Meet Your Needs

Programs can be adapted to support your event's objectives. Ask for Customized Self Mastery and Workplace Resilience with modules enabling you to build a *good fit* workshop.

If you want your participants to have longer-lasting results ask about bulk discount rates for pre-purchased books for each participant.

Select **Personality Dimensions®** or another program by calling Patricia Morgan at 403-242-7796 or emailing patricia@solutionsforresilience.com

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