

Unleash the power of your teams

- Less conflict
- More Trust
- Greater Performance



Currently the economic climate is creating a challenging environment for most businesses. This is the time to make sure that your teams are working at their best, so that they can handle the turmoil around them.

Research by Daniel Goleman into emotional intelligence has identified self awareness as the cornerstone to enabling leadership. Self awareness not only increases individual performance but provides people with an enhanced ability to work within or lead teams.

ValueU is one of the few companies in the UK accredited to deliver True Colors workshops.

True Colors is a fantastic tool, grounded in Jungian Personality Temperament Typing theory, which is simpler to digest than MBTI and just as effective. It provides a simple way to tap into and develop self awareness in a way that encourages self discovery and does not pigeon hole. Discovering our strengths, values and needs as well as our stressors and frustrations, helps us achieve sustainable personal change and, most importantly, understand others in the same way thus improving our ability to lead and work with them.

True Colors increases tolerance, appreciation of others who are different to you and your ability to connect and work with them.

A basic 3 hour True Colors workshop will develop the 4 domains of emotional intelligence in a fun, creative and experiential way:

- Self awareness – the recognition and understanding of personal values, talents, joys and strengths
- Self management – personal stressors and frustrations, self regulation
- Social awareness – empathy and an appreciation and understanding of others
- Relationship management – conflict resolution, collaboration and team work

This will lead to people being able to:

- Identify how their colour spectrum shapes their relationships with others.
- Read what colour other people are and therefore what drives them
- Influence, build rapport, motivate and most essentially communicate with other colours.
- Reduce and resolve conflict.
- Give and receive feedback.

The basic True Colors workshop can stand alone as part of a team development programme or it can be part of a broader leadership or management development programme.

We also offer a full day option where the team will take what they have learned in the workshop and apply it to the needs of their organisation at the time.

For more information or to book a workshop please contact Sonia at info@valueu.com or call her on 01442 825156.

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