

True Colors: Using Self-Knowledge For A Healthy Team

Methodist College Wellness Forum

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Objectives

- * Articulate the value of self-knowledge
- * Explain their True Color identity
- * Consider the role they play in a team
- * Consider the value of different skills/strengths in a team setting

Leadership Philosophy

- * Anyone can be a leader
- * Leadership is inherently relational
- * Leadership is a process

Self-Knowledge

- * Knowing self is first step in process
- * Engaging across difference
- * Building effective teams
- * Achieve goals

Self Assessments

- * Myers-Briggs
- * DISC
- * Strengths Finder/Quest
- * True Colors
- * Leadership Practices Inventory
- * Communication
- * Conflict Style

True Colors

Instructions

- * Decide which grouping of words are most like you, assign those words a 4
- * Rank the remaining groupings assigning 3,2, and 1 with 1 being the grouping least like you
- * When you are done, tally your scores in the bottom box

Blue

Enthusiastic . Sympathetic . Personal
Warm . Communicative . Compassionate
Idealistic . Spiritual . Sincere
Peaceful . Flexible . Imaginative

Gold

Loyal . Dependable . Prepared
Thorough . Sensible . Punctual
Faithful . Stable . Organized
Caring . Concerned . Concrete

Orange

Witty . Charming . Spontaneous
Impulsive . Generous . Impactful
Optimistic . Eager . Bold
Physical . Immediate . Fraternal

Green

Analytical . Global . Conceptual
Cool . Calm . Collected
Inventive . Logical . Perfectionistic
Abstract . Hypothetical . Investigative

Reactions

Celebrity True Colors

Blue	Gold	Orange	Green
Mother Teresa	Henry Ford	Amelia Earhart	Socrates
Mozart	Santa Claus	John F. Kennedy	Moses
Oprah Winfrey	Joan Rivers	Lucille Ball	Ben Franklin
Martin Luther King Jr.	George Washington	Charlie Brown	Katharine Hepburn
Bill Clinton	Johnny Carson	Burt Reynolds	Eleanor Roosevelt

Wrap Up

Thank You!

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