

# Getting Ready

Welcome to Professional Development Module for Families: What is Your True Color?

As a facilitator, you are among a group of educators who are working with families, teachers and community members to provide information, resources and strategies to both increase and strengthen family and community involvement across Louisiana. Here is fun activity that can be done with your families as an icebreaker or as a part of a pd event.

## Goals for this Module: What is Your True Color?

*By the end of this family workshop/training, families will:*

- *Identify their True Color or color associated with their personality*
- *Understand the importance of know personality styles when working with their child.*
- *Determine ways to use this knowledge when working with their child at home*

# Reminders and Helpful Hints

It is important to become familiar with the content prior to the beginning of the workshop.

Each slide in the PowerPoint presentation includes facilitator notes and scripts as a guide to use during the presentation.

Family Facilitators are encouraged to merge personal presentation style and interactions with the dynamics and cultural needs of the group. Provide snacks, drinks and comfortable seating for small and large group activities. Arrange the physical environment so all participants can see the slides and all cords and wires are secure. Also so that there is room for the Four Corners Activity

# Schedule

This training opportunity is designed to take 20 minutes. It can be used as an icebreaker activity or to compliment training on other topics. Provide an adequate amount of time for participant interaction, questions and responses. Remember to give families adequate time to complete an evaluation at the end of the workshop/training.

# Materials

Supplies	Equipment	Handouts/Activities
<ul style="list-style-type: none"><li>• Sign-in Sheets</li><li>• Pens or pencils</li><li>• Descriptors of each Color (works great on when copied on cardstock) to be placed in the four corners</li></ul>	<ul style="list-style-type: none"><li>• Projector</li><li>• Laptop/computer</li><li>• Screen</li><li>• Extension cord</li><li>• PowerPoint</li></ul>	<ul style="list-style-type: none"><li>• Color Test – Answer sheet</li><li>• Color Test – Tally sheet</li><li>• One pager description of all 4 colors</li><li>• Hat Recording Sheet (for Making Connections Activity)</li></ul>

# What is Your True Color?

## 1. Introduction

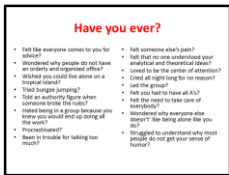


**Say:** Here is a fun and interesting activity that I would like to do with you. But before I begin, I have a question. Raise your hand if you have ever heard of the True Color quiz.

[Responses]

Today, we are going to take a little fun quiz that will tell us about our True Color.

## 2. Have You Ever..?



**Say:** Before we begin the test, have you ever questioned yourself about one of these things.

[Reveal Left Column]

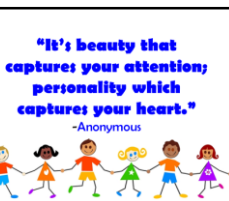
Ask participants to chime in and share the question they have wondered.

“What about any of these?”

[Reveal Right column]

Ask participants to chime in and share the question they have wondered.

## 3. Quote



**Instructions to Family Facilitator:** Read Slide

**Say:** Each of us has a different and unique personality; however, there are commonalities that we share. True Colors is an attempt to identify various personality styles and label them with colors. This model of categorizing personality styles is based on many years of work by other researchers and psychologists. Essentially it draws heavily on the work of Isabel Briggs-Myers, Katherine Briggs, and David Keirsey. Don Lowry, a student of Keirsey, developed the system called True Colors which uses four primary colors to designate personality types and behavioral styles.

Once you learn your color and that of your co-workers, you will have a better understanding of why they behave the way they do!

Each color is associated with certain personality traits or behaviors. Everyone has some degree of each color, but one color is predominant.

The four colors are: Blue, Gold, Green, and Orange

#### 4. Test Your Personality!



**Say:** *So, it's time to check your color to see what your True Color is.*

#### 5. The Test



**Instructions to Family Facilitator:** Provide each family member a copy of the test and totals sheet.

**Say:** *You will need several things.*

- *This sheet*
- *You will also need a sheet to compile your responses.*
- *Also, a pen/pencil*

*The quiz will identify your color spectrum.*

*Instructions: Compare all 4 boxes in each row. Do not analyze each word; just get a sense of each box.*

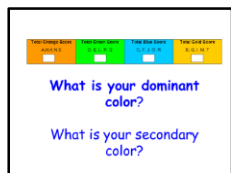
*Score each of the four boxes in each row from most to least as it describes you: 4 = most, 3 = a lot, 2 = somewhat, 1 = least.*

*When you finish rating each box, record the SCORE for each letter box in on the tabulation sheet under the corresponding letter.*

*You will notice that there are 4 columns. Add each column to get a Total.*

**Instructions to Family Facilitator:** Give participants time to complete. Remind them not to overthink or dig too deep for a response. Walk around to provide assistance when putting score onto tally sheet it may be easy to make mistakes in the transferring of numbers.

#### 6. What is Your Dominant Color?



**Say:** *Now place your totals in the boxes at bottom of your True Color test sheet, The corresponding color of the box tells you where you fell as a dominate color and secondary. If you have a tie for the dominant or the secondary, use your best opinion about yourself to choose the one with descriptors that best fits you.*

## 7. What is True Colors?



**Say:** *Now that you know your color, let me tell you more.*

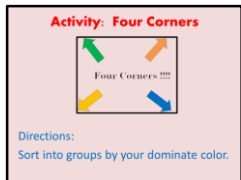
*True Colors™ is a model for understanding yourself and others based on your personality temperament. The colors of Orange, Gold, Green and Blue are used to differentiate the four central personality styles of True Colors™.*

*Each of us has a combination of these True Colors that make up our personality spectrum, usually with one of the styles being the most dominant.*

*Identifying your personality and the personalities of others using True Colors provides you with insights into different motivations, actions and communication approaches.*

*True Colors works because it is based on research based principles, and it's easy to remember and use – in all kinds of circumstances – from personal relationships to professional success.*

## 8. Four Corners Activity



**Instructions to Family Facilitator:** Identify 4 areas in the room and assign each a color.

**Say:** *So let's see where you fall as a group.*

*We are going to sort ourselves into by our colors.*

**Instructions to Family Facilitator:** Send participants to the location that matches their color.

## 9. Words that Characterize Blue



**Instructions to Family Facilitator:** Have a color descriptor/explanation on handout in each corner. Ask a volunteer to read aloud the descriptor for BLUE.

**Say:** *Our nurturing blues are intuitive and feeling people and they must be authentic.*

*Here are some words and phrases that characterize Blues!*

**Instructions to Family Facilitator:** Pick key words/phrases from the slide. Move on to the next color.

## 10. Words that Characterize Orange

**Instructions to Family Facilitator:** Have a color descriptor/explanation in each corner. Ask a volunteer to read aloud the descriptor for ORANGE.

**Say:** *Our adventurous oranges must be free to act.*  
*Here are some words and phrases that characterize Oranges!*

**Instructions to Family Facilitator:** Pick key words/phrases from the slide. Move on to the next color.

## 11. Words that Characterize Green

**Instructions to Family Facilitator:** Have a color descriptor/explanation in each corner. Ask a volunteer to read aloud the descriptor for GREEN.

**Say:** *“Our visionary greens are sensory judging people and they must be of service.”*  
*Here are some words and phrases that characterize Greens!”*

**Instructions to Family Facilitator:** Pick key words/phrases from the slide. Move on to the next color.

## 12. Words that Characterize Gold

**Instructions to Family Facilitator:** Have a color descriptor/explanation in each corner. Ask a volunteer to read aloud the descriptor for GOLD.

**Say:** *“Our traditional golds must be of service.”*  
*Here are some words and phrases that characterize Golds!”*

**Instructions to Family Facilitator:** Pick key words/phrases from the slide.

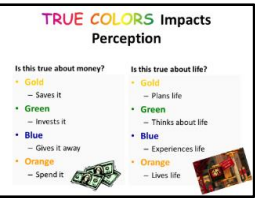


### 13. True Colors Impacts Perception

**Say:** *Who we are impacts our perceptions about things such as money and life.*

**Instructions to Family Facilitator:** Read slide – Ask families if this true about them re: Money.....re: Life?

**Say:** *This may give some insight about your perception versus the perception of those you are closest to (i.e. your child, spouse, parents, co-workers, etc.)*



### 14. Making Connections

**Instructions to Family Facilitator:** Read Slide. Instruct Families to write responses on a recording sheet.



### 15. Praises for Blue

**Say:** I want to share some proactive/positive things that you can do.

**Instructions to Family Facilitator:** Ask a volunteer to read some things that may work for the child whose True color is BLUE



### 16. Praises for Orange

**Instructions to Family Facilitator:** Ask a volunteer to read some things that may work for the child whose True color is ORANGE



### 17. Praises for Green

**Instructions to Family Facilitator:** [Ask a volunteer to read some things that may work for the child whose True color is GREEN]



## 18. Praises for Gold



**Instructions to Family Facilitator:** [Ask a volunteer to read some things that may work for the child whose True color is GOLD]

## 19. Recap on True Colors



**Instructions to Family Facilitator:** Read slide - as a reminder to families

## 20. Closure



**Say:** *It is very important to recognize and value our differences. It makes room for great things to happen!*

*Thank you for your participation. You have been awesome!*

*Please give feedback by completing the evaluations located on your table.*