



True Colors

What is True Colors and what can it do for me?

True Colors™ is a model for understanding yourself and others based on your personality temperament. The colors of Orange, Green, Blue and Gold 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 true principles and easy to remember and use – in all kinds of circumstances – from personal relationships to professional success.

True Colors™ can be used effectively in the following applications, and many more:

- Team Building
- Leadership Development
- Communication
- Employee Engagement
- Career Development
- Understand a better and FUN way of communicating and relating with others.



Irene has an extensive knowledge of Personality Type and True Colors™ temperament model – and she is dedicated to human development. With her special brand of humour, Irene keeps the pace of her training **FUN** and interactive. She will keep you laughing while learning.

Irene is the current president of **The Ontario Association for the Application of Personality Type.**

Irene is committed to the **success** of her clients and brings coaching content together with the True Colors Model to really bring insight and a practical application to the subject.

discoveryworkscoaching.com

416- 291-4461

Client Testimonials

“I recently took part in a seminar regarding personality style and communication. It was very interesting to learn why you react the way you do, whether dealing with staff and clients or family members. Irene is a very confident, competent coach and is able to show you the ‘why’ of the way you are – her teaching is well worth the day to attend her seminars.” *Ellie Turek VP Human Resources – T&E Health Pros.*

“I had some fantastic feedback from the staff who participated in Irene’s “Kick Off Your Stress” Workshop from Grandview and I would like to advertise any upcoming sessions. This was actually a life changing experience for one staff member who reevaluated her life and decided to return to school.” *Bonnie Hall - Human Resources Manager, Grandview Children’s Centre*

I now have an understanding of my personality traits and how they can enhance- and sometimes hinder- my interactions with others. Irene's gentle exercises gave me some fascinating insights and I developed a much deeper understanding of personality types and how they interact. The result was a magnificent portrait of my life, with some fascinating surprises along the way. *–Devorah Garland - Wordmerchant*

I wanted you to know how much I enjoyed your True Colors workshop. It’s the first time I can remember ever going home after a seminar or workshop without a long “to do” list of self improvements needed. Understanding my personality type has helped me with my close relationships as well as in my business life. My sales have definitely increased with this knowledge. The games and interactive play made learning fun and memorable. They really got your points across and gave me many “ah ha” moments into my personality. The day sped by and I went home feeling not only energized but with some valuable insights into myself and others. I look forward to your next follow up seminar. *Sincerely, Shirley Bankey*

Clients Irene has worked with:

Bell Canada	Rubber Association of Canada	Girls Inc
Loyalist College	Trigon Computers	YouthLink Scarborough
Power of Women United	MMPI	Scarborough Women’s Centre
Board of Peel	United Way Durham	Benefits for Women