



#### **True Colors Self-Discovery**

An easily understood model of personality identification for people of all ages, True Colors has been used by all ethnic groups and has been translated into more than a dozen languages. Outcomes include improved communication, strengthening of teams and work units, and navigating conflict, to name a few. Through the True Colors program, we open the door to understanding the behaviors and motivations of others relative to our own style, which mitigates conflict and fosters positive relationships. Highly interactive and engaging.



# **Communication Strategies**



True Colors Communication Strategies takes what was learned in the "True Colors Self-Discovery" program to the next level. Explore what it takes to grow effective and productive teams; introversion and extraversion; how to have "those" conversations; how to navigate conflict resolution and better understand situations through multiple lenses; how to coach and communicate more effectively; and much more. Highly interactive and engaging.

Pre-Requisite: True Colors Self-Discovery Program

#### Customer Service in the Public Sector

This course provides a comprehensive understanding of customer service principles and practices within the context of the public sector. Participants will explore the unique challenges and dynamics of delivering high-quality service to citizens, visitors, businesses, elected officials, and internal customers. Participants will develop and demonstrate essential skills in communication, problem-solving, and conflict resolution tailored to the specific demands of public service environments.



# **Hiring Top Talent (Behavioral Interviewing)**

A comprehensive course designed to equip participants with the skills and techniques necessary to conduct effective behavioral interviews, Hiring Top Talent draws on principles from psychology, communication strategies, and human resources best practices to provide a structured approach to uncovering candidates' past behavior as a predictor of future performance. Participants will demonstrate what they've learned and depart with tools needed to immediately implement behavioral interviewing in the workplace.



Workshops can be customized to meet your needs, and a variety of topics can be explored.

Contact me for more information. Let's collaborate!

### **Coaching for Performance & Disciplinary Documentation**

This dynamic program is designed to equip managers and HR professionals with the skills and strategies necessary to effectively coach employees for improved performance while documenting disciplinary actions when necessary. Participants will explore their role in fostering employee growth and success, addressing performance issues, adhering to applicable laws and policies, and maintaining accountability within the organization.



# **Atomic Habits Mastery**

The Atomic Habits Mastery program is a transformative journey designed to help individuals understand the power of small habits and leverage them to achieve remarkable results in both personal and professional spheres. Drawing on principles from James Clear's bestselling book "Atomic Habits," this program provides practical strategies and actionable insights to create positive behavior change and sustain long-term success.

#### **True Colors for Teens**

True Colors for Teens is an engaging and interactive workshop designed to help adolescents explore their personalities, understand their unique strengths, explore career options, and enhance their communication and interpersonal skills. This program provides teens with valuable insights into their behavioral preferences and how they interact with others, fostering self-awareness, empathy, and positive relationships.



### **Interviewing Strategies for Teens**



This program takes teen participants behind the scenes and into the seat of the interviewer. Through interactive sessions and practical exercises, participants will decode the interview while gaining insight into the purpose of interview questions and understand what employers are looking for in their responses. This comprehensive program equips participants with the confidence and techniques needed to make a positive impression and stand out in job interviews.