



Why True Colors®?

1. **A Proven Methodology:** Our evidence-based approach simplifies complex temperament theory into actionable insights using four primary personality types — Orange, Gold, Green, and Blue — which illuminate how different styles best interact.
2. **Customized, Inclusive Solutions:** True Colors® works with your entire organization, not just leadership, to create cultures where everyone feels understood and empowered.
3. **Immediate and Long-Lasting Results:** Our training provides tools that deliver instant results and ongoing benefits, enhancing both professional and personal interactions.

The Benefits of True Colors® Trainings:

- **Shared Experience:** Team members engage in a fun, interactive setting that fosters genuine relationship building.
- **Self-Awareness:** Participants develop insights into their own and others' conflict styles, improving team cohesion.
- **Common Language:** A universal language for discussing differences promotes unity and collaborative problem-solving.
- **Elevated Empathy:** Greater understanding and respect for others reduce miscommunication and conflict.



TRUE COLORS
Valuing Differences - Creating Unity

Dr. Lizzy Perez is certified True Colors® facilitator for the following trainings:

- 1) **Personal Awareness and Success Training**
- 2) **True Communication**
- 3) **True Conflict Navigation**

Each Training is approximately 3 ½ hours.

Dr. Lizzy Pérez, CPC, ELI-MP, Certified Dare to Lead™ Facilitator |
lizzyperezllc@gmail.com Further information is available at lizzy-perez.com



1) True Colors® Personal Awareness and Success Training:

Miscommunication and conflict are all too common — whether at work, in school, at home, or even on the field. These challenges affect productivity, morale, engagement, and personal well-being. But what if you could transform these barriers into pathways for greater understanding and collaboration?

True Colors® Training Can Help You Address These Workplace Challenges:

Boost Morale and Productivity in the Workplace: When managers don't clearly communicate expectations, it can lead to confusion, anxiety and low productivity. True Colors® training helps employees and managers understand each other's communication styles, creating a more harmonious and productive environment..

Embrace Diversity with True Colors® for Lasting Success

Each of us has a unique personality type that influences how we communicate, collaborate, and connect. True Colors® Personal Awareness & Success Training helps you understand these differences, fostering a work environment built on respect, empathy, and effective communication.

Ready to strengthen your team and overcome common workplace challenges? Learn how True Colors® can transform your organization today.



2) True Colors® Communication Training: The Cost of Poor Communication Is Too High to Ignore: Effective communication is essential for success, yet organizations across industries often underestimate its complexities. Miscommunication costs small companies an average of \$420,000 annually. Beyond the financial toll, miscommunication leads to confusion, conflict, and productivity loss — damaging relationships, company culture, and employee retention.

In fact, **86%** of executives, educators, and employees cite ineffective communication and poor collaboration as leading causes of workplace failures.

True Colors® programs build stronger organizational cultures by enhancing communication at the individual level. Our tailored Communication Workshops help participants:

1. Recognize their unique communication styles.
2. Appreciate and adapt to the styles of others.

Outcomes You Can Expect

- Dissolved communication barriers
- Increased engagement and productivity
- Strengthened relationships, cultures, and retention

Ready to Elevate Your Organization's Communication?

Explore how True Colors® can transform your team dynamics, communication, and culture. Connect with one of our experts today to learn more about our customizable, impactful programs.



3) True Colors® Conflict Navigation: Conflict is inevitable in any organization. Whether due to differing values, personality clashes, or communication breakdowns, unresolved conflict can drain productivity, erode trust, and increase turnover. Left unchecked, it has the potential to create a toxic environment and stall organizational growth. **True Colors® Conflict Navigation Training Can Help!**

Our True Conflict Navigation Workshop begins at the source: we help participants become aware of their stressors, biases, and communication styles. This self-awareness helps address conflict at individual, team, and organizational levels, enabling organizations to make the most of their greatest asset — their people.

Our Workshop Covers:

- The nuances of conflict and its causes
- Practical tools to identify and navigate conflict
- Strategies for implementing conflict resolution in the workplace
- Insights to help your organization value differences and build unity..

Outcomes You Can Expect

- Mastery of key conflict resolution concepts and tools
- Enhanced understanding of conflict's causes, characteristics, and effective approaches
- Improved daily interactions and negotiation skills
- Reduced organizational conflict, leading to higher productivity

Ready to Transform Your Organization's Approach to Conflict?

Explore how True Colors® can help your team navigate conflict constructively, improve communication, and create a culture where diverse perspectives thrive. Connect with one of our experts today to learn more about our transformative conflict resolution programs.