



The Colour Works Foundation

Building Self-Belief

Session	What's Included	Outcome
1. I can recognise personality types	Introduction Colour preferences and psychological type theory Introduce characteristics of each colour type Exercise: - Colour card game	Understand psychological type theory Be able to describe the different colour types
2. I value differences in people	Social awareness Deepen awareness of psychological type and the perception lens Exercise: - Village Fete	Be able to recognise different personality types Learn to value those different to me Self-assessment of own personality style
3. I am enough	Self-awareness Review of individual profiles Self-reflection on strengths and weaknesses Exercise: - Self-reflection 'I am.... And I struggle with....'	Increased self-awareness of strengths of own type Be able to recognise areas of weakness in own type
4. I can manage my emotions	Self-management Recognise own and others typical emotional reactions. How do individuals deal with stress / anxiety / conflict? Introduce E+R = O (Event + Response = Outcome) Exercise: - Heart Math - Self-management tools (mindfulness etc)	Increased self-management techniques
5. I can develop healthy relationships	Relationship management Relationship mapping Exercise: - Work out strategy to improve a particular difficult relationship through use of Box Coaching	Improved strategies for managing difficult relationships
6. I can communicate effectively	Communication skills Use of body language / vocal tone / words Understand different written / verbal / body language styles Exercise: - Deliver short presentation to group	Have embedded strategies to build rapport with others Improved presentation skills
7. I am a team player	Team working What strengths do different types bring to a team? What watchouts are there for each type when working in a team? What do different types tend to focus on when making a decision and how can the team make better decisions together? Exercise: - Team challenge (videoed) - Feedback and review	Be able to recognise team roles Recognise value that own style brings to the team
8. I know what's next	Next steps What does this mean for my future? Review what types of career tend to attract the different personality types. Recognise what each type can bring to a role Exercise: - Identify 3 learning outcomes from the course	Each individual has 3 clear learning outcomes