

Sample Agenda For Full-Day Workshop

- I. Lead-In Activity/ Teambuilding Icebreaker
- II. Outline and Goals for the day
- III. Introduction and Overview of True Colors Research™
- IV. Conceptual Framework of Theory/Research
- V. Individual Assessment Activities
- VI. Small Group “Core Value” Activity
- VII. Large Group Debrief (“Core Values”)
- VIII. BREAK
- IX. “Exploring Stressors” Activity
- X. Large Group Debrief (Stressors)
- XI. “Communicating in *Color*” Component
- XII. Teambuilding Activity
- XIII. Close and Reflection