

Date: Thursday, 20 August 2020
Time: 10h00 – 12h00
Topic: **True Colours Workshop**

- Workshops are free of charge.***
- You do not have to book to attend.***

<https://forms.gle/VvjgPR7ZedrFUVbo8>

True Colours describes four personality types, and translates complicated personality theory into an easy and convenient way of understanding and appreciating human behaviour.

Through engaging in this session, you will be able to identify your own personality characteristics and related strengths as well as those of others. In addition, you may also be able to identify situations that may stress or frustrate you or others. Ultimately, recognizing and understanding our differences, can promote greater acceptance and improved communication.

The main aim of the session will be to identify related career interests and work environments.