



What is Personality Dimensions•?

Personality Dimensions is a dynamic, interactive tool that enhances understanding of our own and others' strengths and differences. Personality Dimensions translates the complex theory of personality type into everyday language in an entertaining and participatory way. Workshop participants identify and come to appreciate their own personality strengths and preferences while acknowledging the differences and strengths of others.

Personality Dimensions is based on the research of Dr. Carl Jung (*Psychological Types*), Isabel Briggs-Myers (*MBTI; Gifts Differing*), Dr. David Keirsey (*Keirsey Temperament Sorter; Please Understand Me*), and Dr. Linda Berens (*Understanding Yourself and Others: An Introduction to Temperament*).

Why Use Personality Dimensions•?

After the workshop, participants are able to apply Personality Dimensions in their professional and personal lives to: Develop career ideas

- Manage change
- Enhance self-awareness and understanding of others
- Build teams
- Provide a common language
- for communication
- Identify learning styles
- Develop conflict resolution skills

More information on the background and applications of Personality Dimensions is available at www.personalitydimensions.com.

Sample Participant Quotes:

Fun, fast, insightful.

A most enjoyable and informative afternoon.

Excellent. Very helpful for both professional and home life.

Fun. Interesting. Very useful and helpful. Wish I did this 10 years ago.

How is Personality Dimensions• Presented?

In a Personality Dimensions workshop, a relaxed, participative, fun, and informative group experience is created that accommodates the preferences of each of the four colour groups which are used to represent the personality types. Interactive exercises and group discussions enable participants to easily understand and apply the Personality Dimensions concepts. The tool can be completed during the workshop or online prior to the workshop.

Personality Dimensions requires a minimum of 3 hours to orient everyone to their colors and allow them to apply a new way of thinking about their individual strengths and differences. Additional time will allow for the application of the Personality Dimensions model to specific group goals such as managing change; planning career transitions; further enhancing communication among staff, teams, or with customers; or understanding learning styles.

Who Facilitates Personality Dimensions•?

Colleen Reichrath is a Certified Personality Dimensions Trainer and Career Consultant. She has facilitated Personality Dimensions with a variety of groups with consistently excellent evaluations for content and presentation. Her client list includes International Criminal Tribunal for the Former Yugoslavia, Alberta Employment and Immigration, Bow Valley College, Paintearth County Adult Learning Council, Calgary Mental Health Association, Communities in Action with Children and Youth, YMCA and Calgary schools. Visit her website at www.cjscareers.com.

How Can I Arrange For A Personality Dimensions• Workshop?

Contact Colleen Reichrath-Smith, CJS Career Consulting, to arrange an initial consultation or workshop:
06 11 47 45 35 or info@cjscareers.com

Sample participant quotes:

Excellent! Comfortable, inviting, relaxed!

Useful both professionally and personally!

Well done! Organized, clear, knowledgeable facilitators.

