

July 10, 2012

## **True Colours Workshop**

## 2012 Summer Interns—Feedback

It was a good experience. I can't say I learned anything especially new about myself. However, I did like how the workshop drew a distinction between the different personality types of people, how we can identify

them, and how we should go about working with them. I also found the conflict resolution portion very informative as well. Understanding that people have underlying trigger buttons will help me identify and avoid them. Before, I never really thought about the process in which a conflict is initiated-Alex



I really enjoyed the True Colours Workshop. The email tips and how to deal with others in the work environment was very informative. Gary is a great speaker, very enthusiastic and entertaining! - **Lorna** 



Personality ORANGE

Brandon, Danielle, Corey, Meg, Will, Ryan, Adrianna & Michael

I really enjoyed the workshop. I like going deep into people's minds and figuring out why we act a certain way, I thought about all the ways I could use Gary's advice in not only trying to help with understanding myself but how I conduct myself with people. It was an overall very positive experience to me.-**Ryan** 

I really enjoyed the workshop. I think the presenter made it fun and informative. I would suggest more activities as the second half of the workshop. Thanks for setting up these great intern activi-

ties! -Trishalla



Personality **BLUE**Trishalla & Dawn

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## 2012 Summer Interns—Feedback Cont'd

## **True Colours Workshop**

I can say that I really enjoyed it. It was interactive and really gave insight into the needs, joys and values of people with personality types other than my own - I would definitely recommend it. I can really see my department benefitting from an activity like this.-

Jason

The workshop this morning was insightful and fun! I enjoyed learning about how people's personality traits affect daily interactions and decisions, both in the workplace and outside. Thank you -Meg

It was engaging as well as informative and allowed us to reflect on

both our strengths and weaknesses. I for one will be using some of the presentation suggestions mentioned in the session tomorrow during my first formal presentation at Morguard. Thanks, -Aqil





Personality GREEN Jason, Aqil, Alex, & Emmett

I really enjoyed the workshop and would encourage the company to do it again for students in the future. I would maybe make the session a bit shorter. I definitely support any program that helps students find what career would be best for them. Thanks very much! -

**Brandon** 

I thought that this was a great experience to allow everyone to better see what their True colour was and how the different traits relate to them. The different ways of communicating effectively in a corporate environment, such as through email and in person really made myself more aware of how important wording and tone of voice are. - Will





Personality GOLD Andrew, Nicole, Garrett & Lyle

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TRUE COLORS

