



# Teen Self Esteem

## Indiana 4-H Civic Engagement Activity

### Real Colors Assessment

**Audience:** Volunteer Training

**Duration:** The training can be modified to fit somewhere between an hour and a half and three hours.

#### Overview

Real Colors is a personality assessment that is grounded in the personality theory of Carl Jung, and validated in the research of Myers-Briggs and Keirsey-Bates. Real Colors combines the experience based research into an exciting approach that is extremely accurate, understandable and easy to apply to everyday life. This assessment will help you begin to understand your own personality styles and also begin to develop the skills of understanding others and appreciate their differences. This session must be led by a facilitator trained in the material.

#### Objectives

Participants will:

- Learn about their own personality
- Understand other types of personalities
- Explore ways to work with a variety of personalities.

#### Materials

The instructor with which you coordinate may bring the materials or ask you to gather them. Often, they are simple items such as flip chart paper and markers.

The training does require use of the curriculum books. Pricing for books is approximately \$10 each. The instructor will have instructions for ordering or they may have some on hand.

**Certified Trainer List** (updated April 2020)

<b>Applicant</b>	<b>County/State</b>	<b>Area/District</b>	<b>E-Mail</b>
Arseneau, Deb	Newton	9 – Northwest	<a href="mailto:arseneau@purdue.edu">arseneau@purdue.edu</a>
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Bouslog, Lori	Sullivan	5 – Southwest	<a href="mailto:lbouslog@purdue.edu">lbouslog@purdue.edu</a>
Cangany, Lisa	Boone	6 - Central	<a href="mailto:lcangany@purdue.edu">lcangany@purdue.edu</a>
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Roberts, Ashley	NEP	2 – Southeast	<a href="mailto:roberae@purdue.edu">roberae@purdue.edu</a>
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