

## CEU Reference Document

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**Course Name:** Personality Dimensions TRN-WEBPD-875

**Course Type:**  Webinar  In-Person Training  E-Learning

**Length of Course/Session:** 2.0 hours

**Date of Course/Session:**

**Course Description:**

This Canadian assessment identifies strengths, values, and frustrations of four personality styles. This interactive and informative course explores personality preferences and helps individuals understand how they influence behaviour. Participants discover how to work even more effectively together by understanding personality similarities and differences.

Training Results: Assess personality preferences; Identify and discuss personality values, strengths, and stressors; Recognize sources of personality conflict and strategies for managing this conflict and; Examine individual strengths and how they contribute to team effectiveness.

**Speaker Profile:**

Crystal Dolliver draws on her professional skills as a facilitator and corporate trainer for over 18 years, with various trainings she offers both in-person and online. Crystal has many areas of expertise including Emotional Intelligence at Work, Motivational Interviewing (MI), Ethics, Mental Health First Aid, Suicide Awareness and Prevention, and Accessibility in the Workplace (AODA), as well as many other corporate training offerings. Her professional experience in addition to delivering diverse training programs includes assisting individuals to successfully return to work and coaching individuals with disabilities. Crystal is known for encouraging and creating safe learning spaces where warmth, humour, and openness in sharing exists. .

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**This course has preapproved CEUs from:**

The College of Vocational Rehabilitation Professionals  VRA Canada

**Number of CEUs Approved:** 2.0

**Area of Focus:** 02

**Preapproval Code:** AGILEC(web)-PD-2020-2.0

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**For Verification of Attendance:** Please print course certificate