## CEU Reference Document



Course Name: True Colors TRN-INPTC-875

Course Type: 🗆 Webinar 🛛 🖾 In-Person Training

□ E-Learning

Length of Course/Session: 3.50 hours

Date of Course/Session:

## **Course Description:**

This dynamic workshop explores personality preferences, strengths, and stressors using the True Colors® assessment. This session examines differences in personality preference, values, stressors, and strengths. Conflict zones are briefly referenced through the course discussion to assist team members to better identify strategies for improving workplace cooperation. Training Results: Develop an understanding of your personality; Recognize sources of personality conflict; Examine guiding principles and the theory of True Colors®; Assess strengths and build 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.

## This course has preapproved CEUs from:

oxtimes The College of Vocational Rehabilitation Professionals oxtimes VRA Canada

Number of CEUs Approved: 3.50

Area of Focus: 02

Preapproval Code: CVRP - AGILEC-TC-2021-3.50 VRA - 24200

For Verification of Attendance: Please print course certificate

