

## **True Colors: Understanding Yourself and Others Better** <sup>[1]</sup>

The purpose of the True Colors: Understanding Yourself and Other Better Course is to provide an overview of the key concepts of the universally embraced True Colors personality assessment model that will allow participants to strengthen communication, reduce conflicts, and increase overall effectiveness.

**Program Level:** Basic

**Prerequisites:** None

**Advanced Preparation:** Complete the free, online, mini-assessment located at: <http://www.truecolorsassessment.com/EndUserAdmin/Register.aspx?sMMS> <sup>[2]</sup>

**Instructional Method:** Group-Live

**Instructor:** [Lisa Vallad](#) <sup>[3]</sup>

**Recommended CPE Credit:** 1.0 Hours

**Field of Study:** Personal Development

**Course Objectives:**

At the end of the course, participants will be able to:

- Outline the key concepts behind the True Colors personality assessment; and,
- Describe the key personality traits of each color in the assessment.

**Program Policies** <sup>[4]</sup>

**NASBA Statement**

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**Links**

[1] <https://www.cu.edu/controller/true-colors-understanding-yourself-and-others-better>

[2] <http://www.truecolorsassessment.com/EndUserAdmin/Register.aspx?sMMS>

[3] <https://www.cu.edu/controller/lisa-vallad-cpe-instructor> [4] <https://www.cu.edu/controller/cpe-cpas-policies> [5] <http://www.learningmarket.org>