

## What's Your Personality IQ?

### Audience

Agency Staff, Work Teams, Educators, Camp Staff, Parent Groups, Youth

### Program Description

Discover your true style with the Personality IQ™, a simple and fun personality indicator! Learn how you fit with other personality styles—where you connect and where you can anticipate conflict. Explore ways to encourage individual strengths to create a fully effective team!

- Use the Personality IQ™ to gain greater self-awareness!
- Connect with others who share your personality style!
- Discover what makes other complementary styles challenging for you to work with!
- Learn how to appreciate the differences!



### Program Content

- With a clear purpose of achieving greater awareness of strengths in self and others, individuals use the Personality IQ™ instrument to identify their behavioral preferences to be Activator, Analyzer, Organizer, or Peacemaker.
- Groups of similar styles share their common joys, frustrations, strengths, and challenges.
- Groups share their discoveries with other styles to create greater understanding and ability to access each others' strengths.
- Differences can lead to conflict—or they can lead to appreciation and effective partnering—at work or at home.
- People who are aware of their own styles can learn to predict the styles of others and be prepared to work with their strengths.

### Required Time

60-90 Minutes

### Delighted Clients

Tompkins County Youth Bureau, Ithaca, NY  
4-H Camp Shankitunk, Delhi, NY  
New York State Grange, Cortland, NY  
Residence Life, State University of New York at Delhi, Delhi, NY

### Contact

For more information about Healthy People, to receive Sally's free e-letter, or to book Sally to speak with your organization, contact:

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