

# Personality Workshop



with **Tracy Flynn Bowe** BA, MA, JD



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# Four Color Leadership

Do you ever wonder what makes people tick—why you click with some people and have friction with others? Personality is the organizing principle that influences all aspects of people's lives. It drives the way people gather information, make decisions, and interact with others. It determines people's work habits, stress points, and responses to change and conflict.

Most importantly, however, personality points us toward the unique giftedness of each of the personality types and helps us to understand the strengths and competencies each personality has to offer to the organization and in their work with others. During this session participants will discover their personality color by taking the PCI color inventory, and through the presentation quickly learn to apply their color learning to leverage their strengths, improve their leadership and collaboration skills, and support their personal and professional well-being.

## KEYNOTE, CONFERENCE & STAFF DEVELOPMENT PRESENTATIONS

Schedule a keynote presentation, conference session, leadership training or staff development session for your organization today to bring this engaging topic to your group or workplace. Tracy is a Master Trainer in this work and has led tens of thousands of participants through Four Color Training work for over 25 years.

Learn about your personality and unlock the power of your

Red Orange Yellow or Green

gifts as you create the life you imagine.



Frequently rated “best session” by participants and leaders in all fields, Four Color training sessions are fun, high energy and fast-moving sessions that create high engagement and leave audiences buzzing with energy and enthusiasm.

Visit [www.tracybowe.com](http://www.tracybowe.com) for more information, client reviews, and contact information. We will develop a session tailored to your needs and your audience.

# About The Presenter

Tracy Flynn Bowe, BA, MA, JD. is a **Yellow** in the personality world and a lawyer, counselor, and consultant. Tracy is a dynamic speaker who delivers fun, informative and high-energy presentations that point the audience toward opportunities for growth and development through personality assessment and training. She is currently the Executive Director of Human Resources for St. Cloud Area School District and has a private practice as an executive coach and trainer with New Directions Counseling & Training.

She writes a weekly blog and is the author of:

The Land Beyond Forever, Create The Life You Imagine,  
What Are You Waiting For? and From Oz to Om:  
The Spiritual Journey Home.

- B.A. Psychology and Theology, College of St. Benedict
- Juris Doctor, University of Minnesota Law School
- M.A. Counseling Psychology, University of St. Thomas

"Thank you so much again for your wealth of knowledge and engaging presentation. We all loved it!"



## TRAINING AND LEADERSHIP DEVELOPMENT MODULES

Using the Four Color Leadership System, Tracy offers three progressive levels of training, along with executive and leadership coaching, that will teach your organization to use color and creativity to increase organizational leadership capacity and competency.

### Self Awareness and Individual Leadership

Identify, understand and capitalize on individual strengths, personality patterns, and internal motivators, while recognizing blind spots and challenges that become obstacles to success.

### Relational Awareness and Collaborative Leadership

Leverage the strengths and competencies of the organization by building effective teams that can communicate, collaborate and effectively manage conflict and change. Shift cultures of us/ them toward integration and growth. Understand and work more effectively with clients, customers and colleagues.

### Whole System Awareness and Four Color Leadership

Understand the organization's work, its mission and values, its human resources, and its strategic vision through the Four Color View System. Harness the creative power of the organization to address complexity, change and adaptation in the work environment and marketplace.



# Testimonials

*"The color training gave staff here an opportunity to explore their own personality traits as well as to gain insights on how best to interact with others. The information was relevant, and the activities were fun. I have never before had the level of unsolicited positive comments come my way from an in-service as was generated by Tracy's recent work on our behalf!"*

**- Superintendent of Schools**

*"Our office was buzzing with positive energy after the color personality system was presented. This information was easy to understand and implement for both our staff members and our supervisors. Tracy was incredible! Her high energy and information packed session was a big hit. I highly recommend it to any organization."*

**- Executive Director  
Housing & Redevelopment Authority**

*"I believe the colors workshop was one of the most powerful workshops I've ever been involved with, and I have seen our staff rally together into one dynamic group."*

**- Principal**

*"What a fantastic tool to enhance communication in the office. I was so excited when I learned our speaker was Tracy Bowe, I could listen to her every year. Tracy is very engaging and entertaining, our group had a great time and learned so much about themselves and how they can work more effectively with each other. I've heard nothing but positive feedback from my team."*

**- Human Services Supervisor**

## Market Experience

- Universities and Colleges
- K-12 Education
- Hospitals & Health Care Systems
- Law Enforcement
- First Responders
- Law Firms
- Local Governmental Bodies
- Manufacturing, Business, Restaurant
- Religious orders and institutions
- Hospice & Palliative Care
- Family Owned Businesses

## Presentation Fee

The presentation fee is typically \$1500 for a half-day session or \$2500 for a full-day session, plus expenses that may include travel expenses, mileage, and costs of assessments and materials. Please contact me for a workshop proposal and fee statement designed for your training event.

