

ADVERTISING FEATURE

LIFESTYLE & WELLNESS SHOW

True Colours is a fun way to help people understand themselves and others more effectively

BY LISA CARTWRIGHT
FEATURES WRITER

True Colours, a program that helps people recognize their strengths as well as the strengths of others, has been used by counselors helping individuals with career choices, by businesses putting a team together and by parents to help them understand their children.

"It's a fun way of learning who you are and what your strengths are," said Leslie Walker, a facilitator of True Colours.

Walker, who discovered the program when she was making changes in her life, said True Colours is effective not only because it's informative, but it's also fun.

"True Colours is eductainment — it is fun and it's easy. It's not a test and there is no pass or fail." Although True Colours can be done individually, Walker said it's better when done in groups so people can understand and communicate with others more effectively.

The process is simple.

After participants complete a self-test, they try to identify themselves using character cards and written descriptions.

Each characteristic is represented by a colour.

"Colour is used as a metaphor," Walker said.

There are four colours in the True Colours spectrum — an orange person is adventurous and uses tools, a gold person stands up for rules and family traditions while a blue character is a nurturer who is devoted to relationships and is self-searching. A green character is analytical. Each person has a dominant colour as well as a mixture of the other colours.

"We all have common characteristics, but our thumbprint (or percentage of colours) is unique."

Life experiences also contribute to what colour you are.

ROLE PLAYING TO UNDERSTAND EACH OTHER

Walker then divides people into their colour group so they can role play situations.

The group shares common

characteristics with each other, and then discuss their findings with the other groups.

This discussion helps people understand how each colour reacts and deals with problems or situations.

"When people accept that is how people are ... they will give up trying to change them."

MANY APPLICATIONS

Business people will often use True Colours as a way to create a well-rounded decision-making team.

"If you have people of all the same colour, they will sway one way and an area will be left out."

Parents use True Colours to understand their children — not only how they react to situations, but also which career path they may choose.

And to the individual, True Colours helps them to understand themselves.

"Most of us struggle to be the way we are not. That's why we have conflict in our life. If we can ... understand and accept who we are, we can experience success."

Look for the Health and Fitness section every Saturday in the Markham Economist & Sun and The Stouffville Tribune. To advertise contact your Markham sales representative at (905) 294-2200 or your Stouffville sales representative at (905) 640-2100.

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FOCUS ON FAITH

God is listening with His ears

By JEFF SHIPLETT

I don't know what God's ears look like.

I don't know if there are similarities to the shape or operation of

ours. What I do know is that however God hears, He must, at times, get quite an earful in heaven from those of us here on earth!

Some people object to the notion

that God has ears but let me return that objection with my own: "Why not?"

In coming to his own defense in the matter, God retorts: "Does he who implanted the ear not hear?" (Psalm 94:9) He created us with a mouth to speak words and ears to hear sounds because He is a speaking and a listening God!

I have observed that God's

ears receive the greatest volume of words when we are in trouble. Thousands of years ago King David gave thanks to God declaring, "In my distress I called to the Lord, I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears." (Psalm 18:6)

What a wonderful comfort to know that God hears us.

He is a God with ears.

I want Him to hear and answer my cry for help.

Jeff Shippett is the Pastor of Markham Christian Centre, a church being birthed in the Town of Markham and presently meeting at Chapel Place Presbyterian Church each Thursday at 7 p.m. For more information call 416-575-4400.

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for more information contact
Pastor Jeff Shippett
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