



**UNIVERSITY OF
GEORGIA**



**East Georgia State College
Student Leadership Development Program
Facilitated by
University of Georgia Extension
Fall 2019/**REVISED****

Class Outline

**Topic: Communication
Date: September 13, 2019**



At one time or another, everyone reaches a point where they wonder, “Why do people do the things they do?” The answer may surprise you! The fact is that everyone has a distinct temperament spectrum comprised of four colors: Blue, Gold, Orange and Green.

Real Colors®

Real Colors® Personality Instrument is presented in a fast, fun, interactive format where you can learn how to quickly identify your own temperament or “color” and that of others. Using this powerful knowledge, you can develop more effective communication skills and build better relationships, in and out of the workplace.

Learning Outcomes

You will learn to:

- identify your own—and other people’s—Real Colors and personal strengths
- understand the different ways people process information
- communicate with others in the most effective way possible—including hearing what they’re really saying
- recognize and appreciate the strengths and viewpoints of others
- apply Real Colors principles in all areas of life



Topic: Decision Making & Problem Solving

Date: October 11, 2019

Real Solutions®

Real Solutions is a course designed to take Real Colors participants to the next level of understanding how Real Colors creates a system to process stressful and uncomfortable situations. Real Solutions is a dynamic workshop that takes difficult situations that occur in relationships and shows how Real Colors concepts can make a difference.

Learning Outcomes:

You will learn to:

1. Identify what causes each temperament to become upset/angry
2. Explore what happens to each temperament, physically and emotionally, when upset/angry
3. Identify ways to resolve situations with each temperament
4. Identify the differences in how each temperament responds to change
5. Explore ways to successfully implement change in a manner that is ideal for each temperament

Topics and Activities:

- Admires, Baffles, Questions
- Which Is Their Song?
- The Rest of the Story – Upset/Angry
- The Only Constant Is Change
- Convincing a Color to Change
- Advertise Your Color
- Real Colors Skills Sets
- Coping with Stress
- When You Are Stressed
- Working With Colors to Reduce Stress



Topic: Cooperation & Teamwork

Date: November 8, 2019

Activity: Ropes Course - TBD

Real Teams®

Real Teams is designed to help your organization gain insights and understanding about your team's dynamics through Real Colors concepts. Through this workshop, participants will be taken through a series of fast-paced and fun activities, allowing them to learn the strengths of each of the Real Colors through first-hand interaction.

Participants will learn to:

1. Describe the common characteristics of a successful team
2. Recall at least two strengths each Real Color brings to the team
3. Discuss the differences between the four Real Colors regarding the building and maintaining of team trust
4. Examine the opportunity for self-growth and how this positively impacts the team
5. Effectively and appropriately apply Real Colors concepts when working on a team

Topics and Activities include:

- Introduction Exercise
- River of 1,000 Deaths
- Teams and Trust
- I've Got the Power
- Real Colors Skills Sets
- Real Colors Team Strengths
- Real Colors and Trust
- Real Teams: Looking Through the Lens
- Engaging Each Temperament as a Team Player
- There Is No "I" in Team



Class Expectations

- September 13, 2019; 9:00 a.m.-3:00 p.m. at Gordonia Altamaha State Park
 - October 11, 2019; 1:00 p.m.-3:00 p.m. at EGSC-Swainsboro and EGSC-Statesboro
 - November 8, 2019; 1:00 p.m.-3:00 p.m. at EGSC-Swainsboro and EGSC-Statesboro
 - January TBD, 2019; TBA at Dr. Boehmer's Residence
 - February 14, 2020; 1:00 p.m.-3:00 p.m. at EGSC-Swainsboro and EGSC-Statesboro
 - March 13, 2020; 1:00 p.m.-3:00 p.m. at EGSC-Swainsboro and EGSC-Statesboro
 - April 17-19, 2020; TBD at St. Simon's Island- Student Leadership Retreat
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- Students will be allowed to have (1) pre-approved excused absences. **Absences must be approved by EGSC Staff.** Students must attend opening September 13, 2019 date if they wish to be a part of the EGSC Student Leadership Program. Students who do not abide by the attendance policy will be dismissed from the program.
 - All assignments are due on the date given. If you miss class, assignments are still due. It is your responsibility to arrange with one of your peers to deliver assignments to class. We will not accept assignments electronically.
 - Attendance, Assignments, Class & Group Participation, Final Project and Leadership Skills demonstrated in class and out of class will determine graduation success.



Homework Assignments

1. A Gift for You – found in the back of your Real Color's Booklet
 - Go to RealColors.me
 - Click on puzzle piece that is your primary color
 - Follow instructions to create your own personalized Real Colors Workshop Certificate. Type your name and September 13, 2019. Print two color copies and bring to class in your “red folder”.
 - Go to RealColors.me
 - Click on puzzle piece that is your primary color
 - Follow instructions to create your personalized Real Colors License Plate. Type full name, primary, and secondary color score on license plate. Print two color copies and bring to class in your “red folder”.
 - Go to [Real Colors.me](http://RealColors.me)
 - Click on puzzle piece that is your primary color. There are four free-downloads for each color. Read all four downloads for your primary/top color. For example: if your **primary color** is **blue**, Read; Common Misconceptions of Blues, Seven Thoughts for Blues When Making Hard Decisions, How Blues Can Handle Stress & 5 Ways Blues Can Positively Manage Conflicts While Maintaining Relationships.
 - Type at least 1 paragraph, but no more than 2 with your name, due date and primary color at the top right corner of page. Use complete sentences and 12 pt. font. **DO NOT** include your primary color in your paragraph writing.
 - Share 1 personal characteristics that you LIKE about being your primary color and why, **then** give 1 personal characteristics that you would like to change about yourself that reflects your primary color and why. **Lastly**, give an example of how you plan to implement that change.

Example:

I like being organized because it helps me keep track of my hectic schedule and I can get things done quickly and effectively. I would like to have more “fun”, but truly, there is no time. I know that sounds crazy, but I have many responsibilities that require me to be focused and thorough. I have many people that depend on me.

I wish that I could just have one hour without phones, texts, emails, and someone wanting me to “adult”. However, often times it is difficult to let go and enjoy the little things. I am going to pencil in one hour, twice a week to watch a funny movie or just laugh and talk with friends....no serious talk....just light hearted and chill.

Due Date – October 11, 2019



Homework Assignments

1. Complete Real Colors & Communication Worksheet.
 - You must answer questions with respect to YOUR communication with ONE specific person. Please type the relationship on worksheet (i.e., Employer-Employee, Student-Teacher, Parent-Child, Supervisor-Staff).
 - REMEMBER... Remain positive.....NO COLOR BASHING ;)
 - Be prepared to share in class.

Real Colors & Communication Worksheet

1. What verbal pace do they use?
2. What verbal pace do I use?
3. How do they want new ideas presented?
4. How do I like to present new ideas?
5. What data do they consider vital when making a decision?
6. What data do I consider vital when making a decision?
7. How do they treat and work with factors such as deadlines, time, and closure?
8. How do I treat and work with factors such as deadlines, time, and closure?
9. I believe their temperament/color is...
10. My temperament/color is...

Due Date – November 8, 2019