



## Section 1: Personal Development for the Workplace

*In this section of the content, you will:*

- *Gain more insight in regards to your specific personality traits*
- *Discuss and discover what your current personal values are*
- *Apply your knowledge of your personality and personal values to being a leader in the workplace*

### Session 1: Values and Leadership Development

Directions:

1. Watch the video
2. Take the Rokeach Value's Survey

### Session 2: Leading Yourself

Directions:

1. Watch the video.
2. Take the True Colors Personality Assessment.

### Session 3: True Colors Personality Assessment

Directions:

1. As you watch the video, have your True Colors Personality Assessment results and the True Colors Personality Assessment Explanations available so you can follow along with the video.