



Building Self Esteem

True Colours programs improve your school by educating administrators, teachers, staff, students and parents to recognise their greatest strengths and create unity. These programs have been successfully used for over 28 years to gain higher levels of self esteem, academic achievement and improved personal relationships.

True Colours helps people to better understand themselves and others and creates a healthy climate for working, teaching and learning.

True Colours School Program Goals:

- Encourage participation
- Increase attendance
- Improve grades
- Resolve conflict
- Enhance self-esteem
- Achieve higher test scores
- Lower dropout rate

True Colours Supports:

- PDHPE programs
- Tutor/Pastrol care programs
- Religious education
- Career counselling
- Student studies
- Student leadership
- Teach professional development

Implementation Methods - Teachers

Teacher True Colours Certification Training

Selected key teachers and counsellors can become certified as Personal Success Seminar Facilitators who then implement the program internally for students, teachers, staff and parents.

Additional applications for faculty and staff

Teachers who have been certified in selected additional applications then facilitate this information to faculty and staff, helping them use True Colours for communication, conflict management, leadership and team building.

Implementation Methods - Students

Live Show

Introduce your students to True Colours with a live show. It is a great way to introduce the program and creates an enthusiastic response with rave reviews!

E Learning and Personal Success Seminar for Students

Students receive a more in-depth understanding of True Colours using the E Learning modules or the Personal Success Seminar, and each gains a new perspective of their own strengths and stressors, as well as those of classmates, family and friends. Students learn how to use their talents and strengthen their weaknesses. With True Colours materials for each age group, the process is easily understood by all ages.

Additional Applications for Students

True Colours programs include additional applications to help students communicate more effectively, handle conflict, develop leadership skills and encourage teamwork.

Family Support - True Parenting

Parental support is one of the keys to success in schools. True Parenting helps parents to understand their children's strengths and talents and how to encourage them to perform at their highest standards. Participants learn to create a "Family Rainbow" to better understand how family members interact and relate to each other.