



# in the news



## Colour workshop teaches how to interact with others

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By Camille Jensen

A team building exercise during Leisureworld's Spring Symposium has helped staff understand personality differences and new ways of communicating.

Called "Personality

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*"If they are a gold, I know they want details... and if somebody is a blue I am more careful explaining things because they take things very seriously."*

— Angie Heinz, administrator for Leisureworld Caregiving Centre Brampton Meadows

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Dimensions," the exercise is part of Preferred Health Care Services new programming, which focuses on effective communication.

For Rahim Charania, director of clinical services, knowing how to communicate effectively with others is an important

aspect of his work.

"Knowing a personality style helps you adjust your approach with others," explains Charania, who as a nursing expert works with staff from all 26 Leisureworld long-term care homes. As an orange personality, Charania says his colour contributes energy and motivation to a team.

For Angie Heinz, administrator at Leisureworld Caregiving Centre Brampton Meadows, the exercise

helped her learn what type of team members help her achieve her goals. Also an orange personality, Heinz says surrounding herself with blues, greens and golds can keep her on track and organized.

"It's a good fit," laughs Heinz, who says her staff is

already composed of many of those colours.

The exercise also helped her recognize what others expect from her as an administrator.

"If they are a gold, I know they want details," says Heinz, "and if somebody is a blue I am more careful explaining things because they take things very seriously."

Susan Bock is the administrator at Leisureworld Caregiving Centre Streetsville and was one of the seven new homes at the event.

As a blue personality, Bock is a calm and nurturing type who sometimes needs other colours to help make fast decisions.

Such was the case when Charania joined Bock's blue group during a team building exercise.

"The team had an overabundance of people who wanted to sit back and think about things for a while," says Bock who adds

Charania's orange trait quickly shook things up.

"He is a very outgoing fellow," says Bock, "and he prodded us into some action and that was great."

Recognizing the strengths of others and appreciating different values is what the new program, "Effective Communication and Interpretation," is all about, says Meagan Whitehorn, event planner with Preferred Health Care Services.

She says they are hoping to continue working with the new team building exercises in each home to help staff realize their full potential.

Does your home have an effective communication strategy worth sharing? Stories are often generated from the feedback we receive. Please share your thoughts by calling the newsroom at (800) 294-0051 ext. 24 or e-mail [camille\(at\)axiomnews.ca](mailto:camille(at)axiomnews.ca).