



Rainbow-Plus® is a registered trademark of Ann Holmes

Rainbow-Plus

Based on Jung's theories, *Rainbow-Plus* helps you:

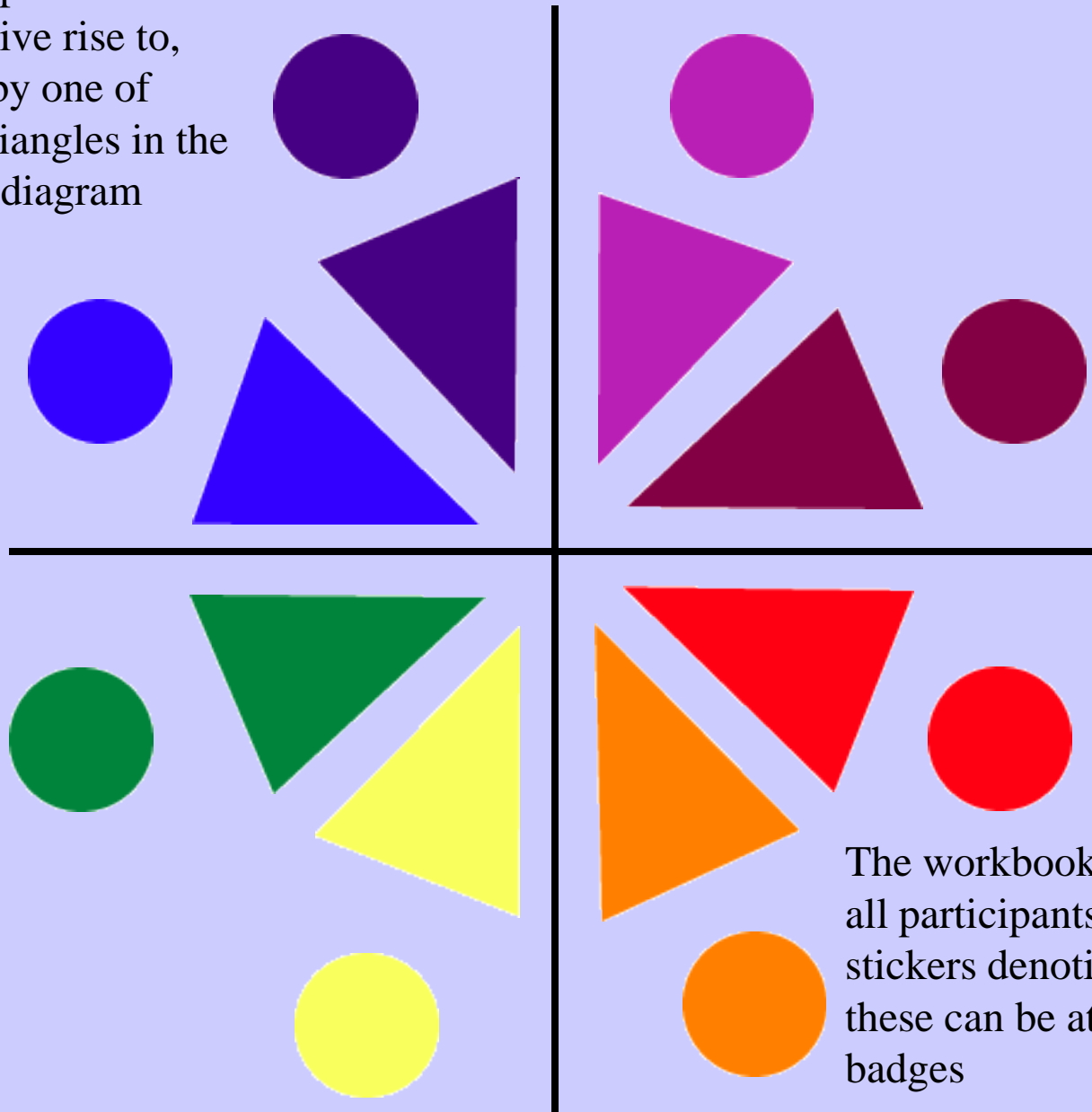
- decide your likely personality type
- understand how different types might misunderstand or annoy each other
- recognise differences and turn them to advantage

The theory

The underlying theory is that people differ in the ways in which they prefer to :

- be energised
- take in information
- make decisions
- conduct their lives

Each of the 16 possible combinations
these choices give rise to,
is represented by one of
the circles or triangles in the
Rainbow-Plus diagram



The workbook, given to
all participants, provides
stickers denoting each type -
these can be attached to name
badges

At the *Rainbow-Plus* Session

You will

- complete the *Rainbow-Plus* questionnaire
- assess yourself in terms of the four underlying preferences
- become aware of which circle or triangle represents your likely type

After the Session

You can use the information given in the workbook to:

- spot different types
- understand differences
- use this knowledge to help maximise the value of personal and business relationships