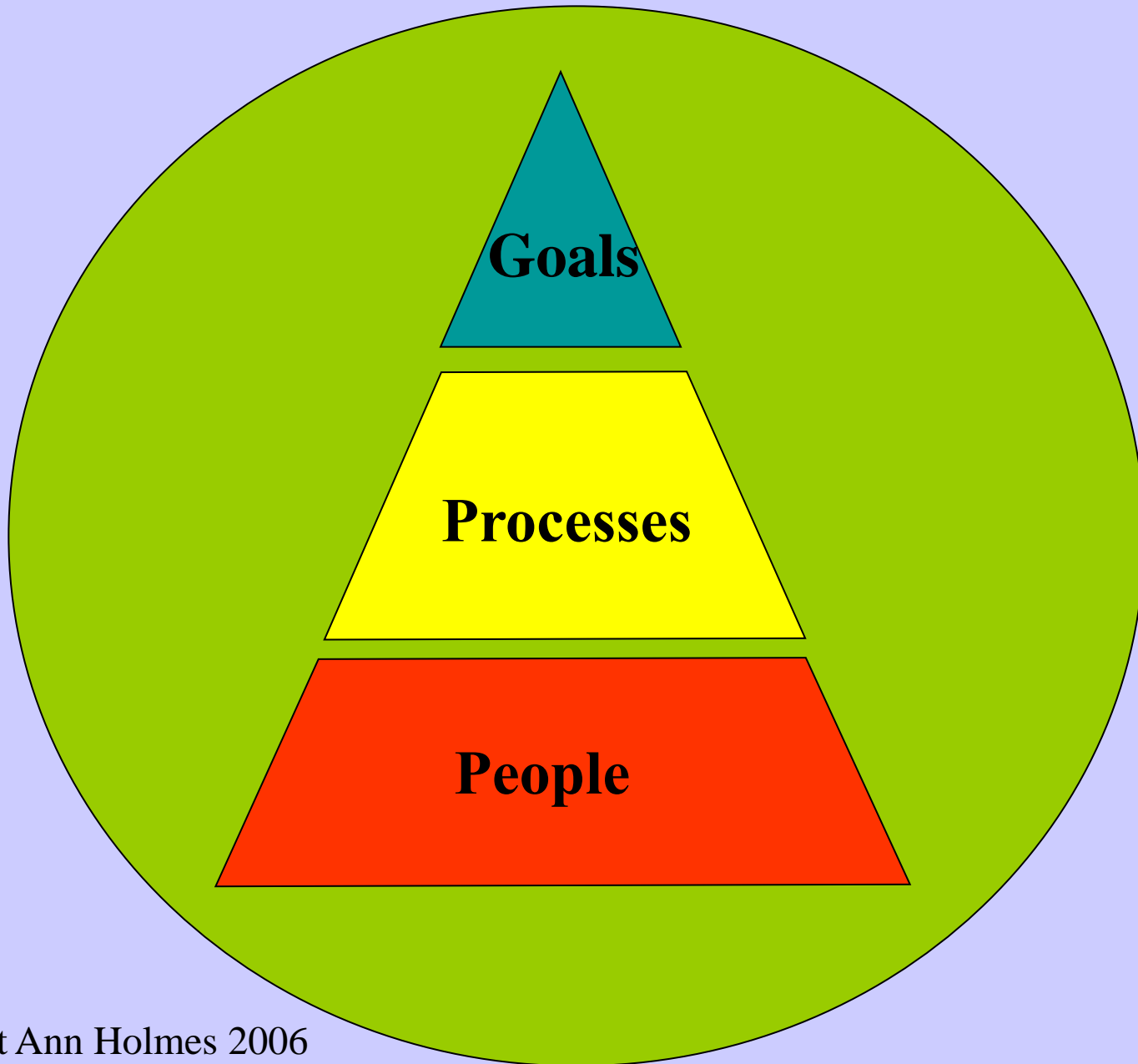




Rainbow-Plus® is a registered trade mark of Ann Holmes





People

Rainbow-Plus

- Is rooted in Jung's theories of type
- Helps people choose the **preferences** they have about how they are energised, take in information, make decisions and conduct their lives
- Guides people as to how they might use and build on this awareness in their day to day lives, by recognising differences and turning them to advantage

Rainbow-Plus Starts With

A personality questionnaire, to which there are no right or wrong answers – it is usually best to go with your first reaction to the question

Then moves to

- look at how you see yourself on the four preferences which go to make up your personality type
- compare your perceptions with your answers to the questionnaire
- help you decide which is likely to be your true preference, if your perceptions and answers differ.

Your Answer Grid

1	5	9	13	17
2	6	10	14	18
3	7	11	15	19
4	8	12	16	20

1- Answer 1 or 2

Socially, I tend to find talking to strangers:

1. A bit of an effort
2. Comes fairly easily

2 - Answer 1 or 2

When I'm reading a book, I tend to:

1. Focus on what is written
2. Try to read between the lines

3 - Answer 1 or 2

For me, it is more important to:

1. Be just
2. Show mercy

4 - Answer 1 or 2

Mostly, I prefer to:

1. Set myself early deadlines
2. Leave deadlines as late as possible

5 - Answer 1 or 2

When I'm developing my ideas, I tend to spend more time :

1. Thinking to myself
2. Exchanging views with other people

6 - Answer 1 or 2

I tend to rely more on:

1. The facts
2. My own insights

7 - Answer 1 or 2

For me, it is more important to be:

1. Objective
2. Sympathetic

8 - Answer 1 or 2

If my plans are interrupted, I am more likely to:

1. Feel irritated
2. Welcome the opportunity to get on with something else instead

9 - Answer 1 or 2

I am more likely to feel:

1. Exhausted if I have to spend **most** of my time with other people
2. Low if I have to spend **most** of my time alone

10 - Answer 1 or 2

I am more likely to **start** with:

1. The facts and then develop an idea
2. A hunch and then check out the facts

11 - Answer 1 or 2

When faced with a problem, I tend to **start** by:

1. Analysing the situation logically
2. Putting myself in the position of those affected

12 - Answer 1 or 2

If people often turn up late for appointments,
I am more likely to feel:

1. They are inconsiderate
2. It's just how they are

13 - Answer 1 or 2

Most times, I prefer to spend a free evening:

1. Having a night in
2. Going out with friends

14 - Answer 1 or 2

I tend to be more interested in how things relate to:

1. My experience
2. My ideas

15 - Answer 1 or 2

If I have to choose, I find it more important to be:

1. Consistent
2. Compassionate

16 - Answer 1 or 2

Outside of work, I tend to prefer to:

1. Plan things
2. Keep my options open

17 - Answer 1 or 2

Mostly, I find making small talk:

1. Quite hard work
2. Pretty easy

18 - Answer 1 or 2

In general, I tend to:

1. Look at the details of a situation first
2. Look at the general picture first

19 - Answer 1 or 2

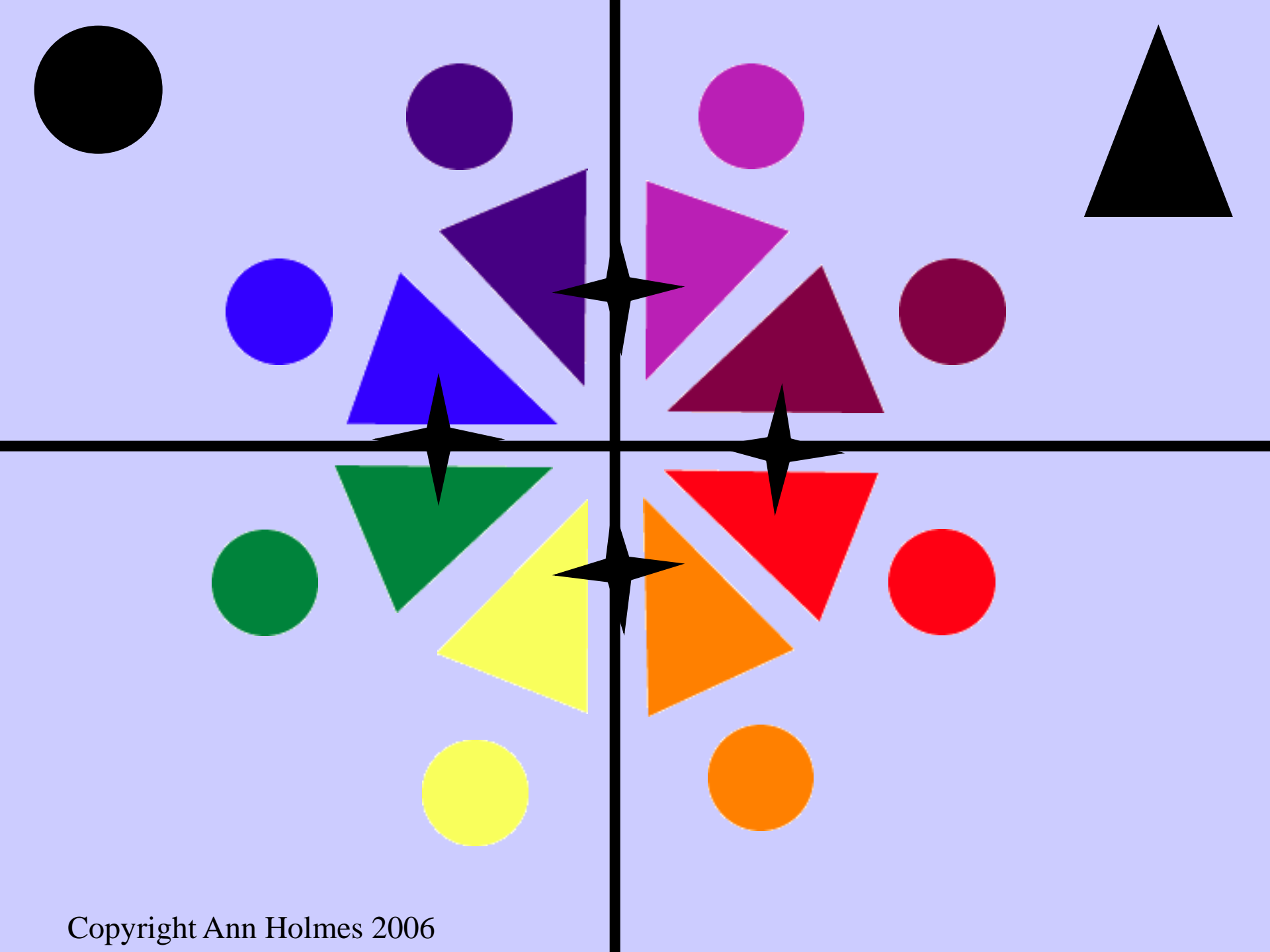
It is more important to me:

1. To be able to logically defend a decision
2. That a decision feels right

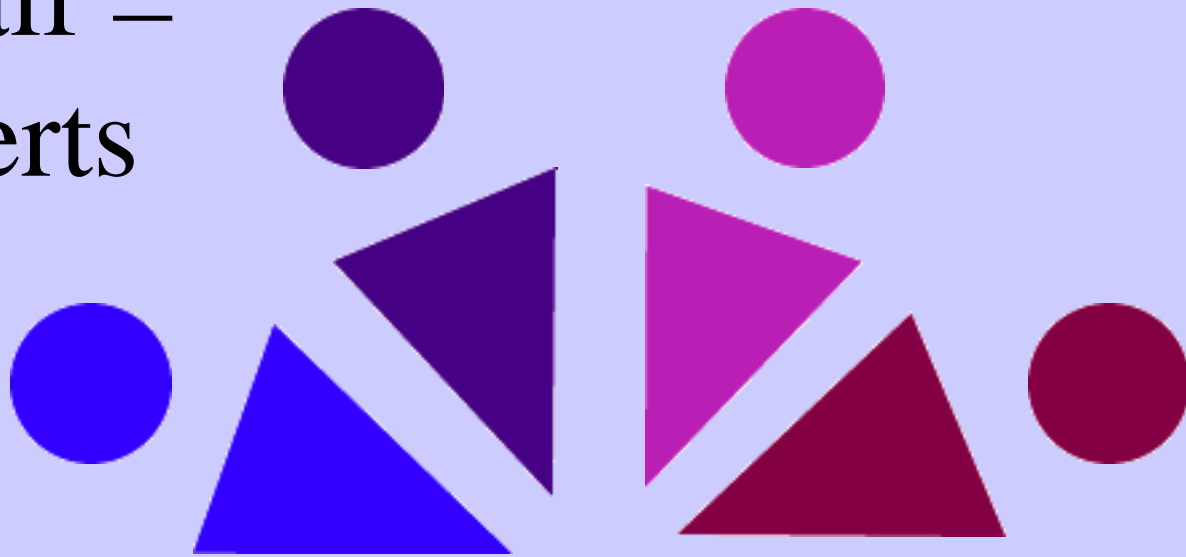
20 - Answer 1 or 2

I tend to be more at ease when

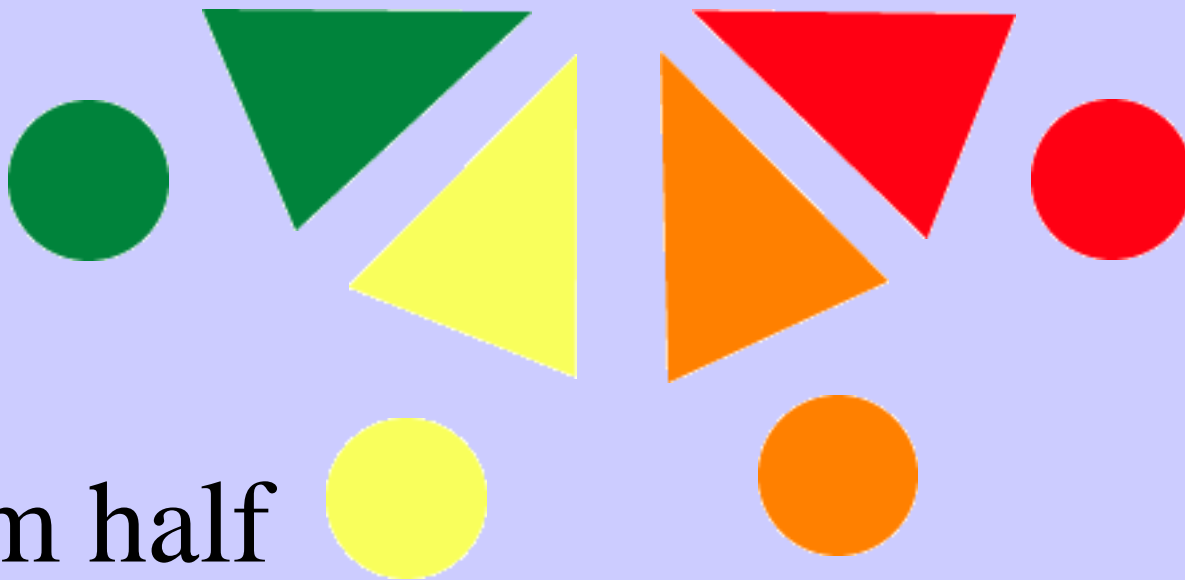
1. I've taken a decision
2. I can carry on exploring an issue



Top half =
introverts



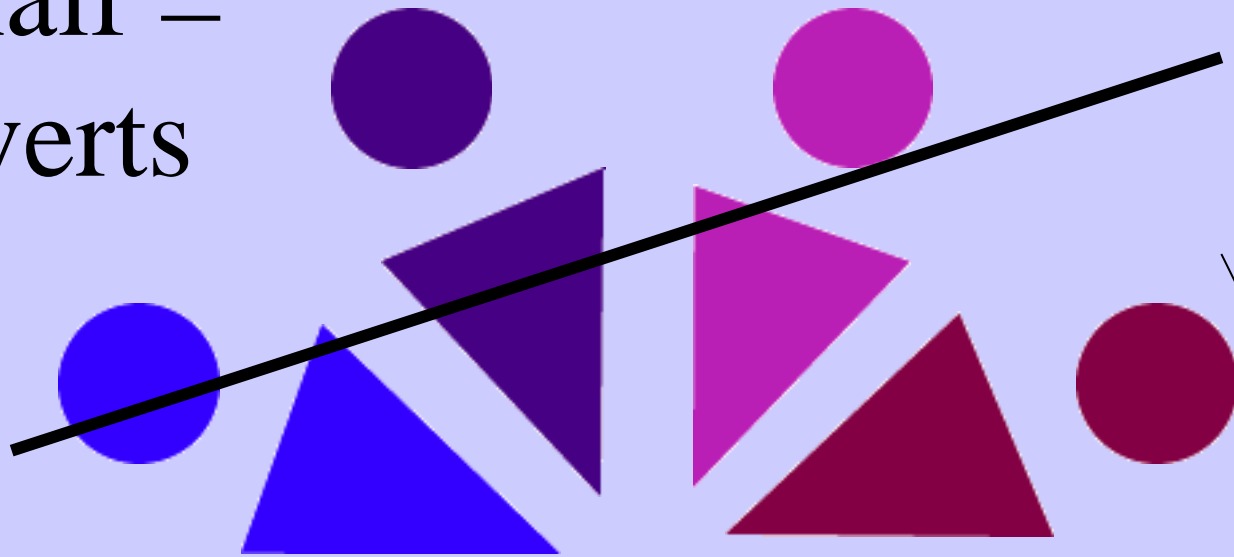
Bottom half
= extraverts



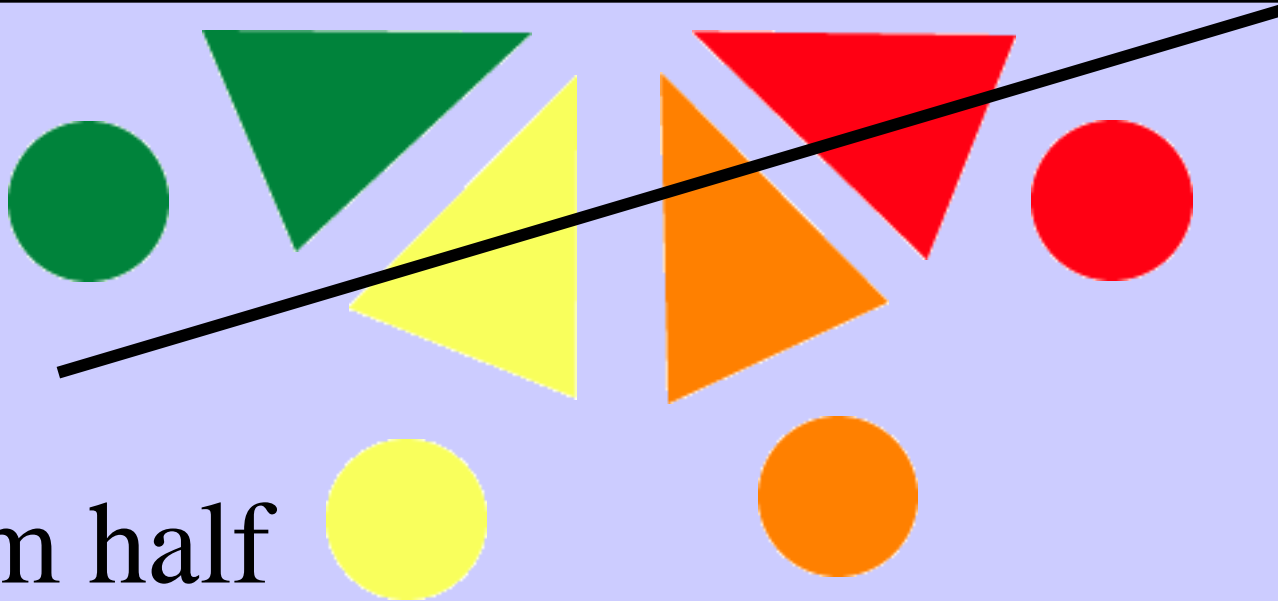
Your Answer Grid

1	5	9	13	17
2	6	10	14	18
3	7	11	15	19
4	8	12	16	20

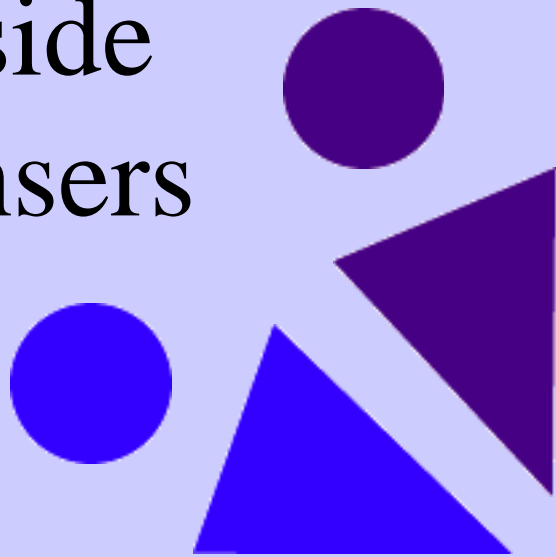
Top half =
Introverts



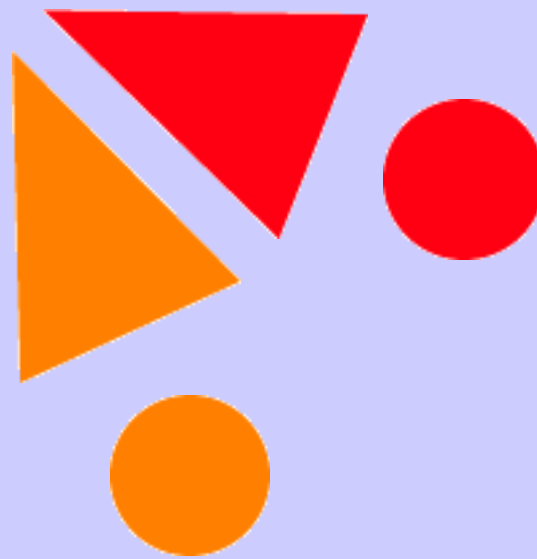
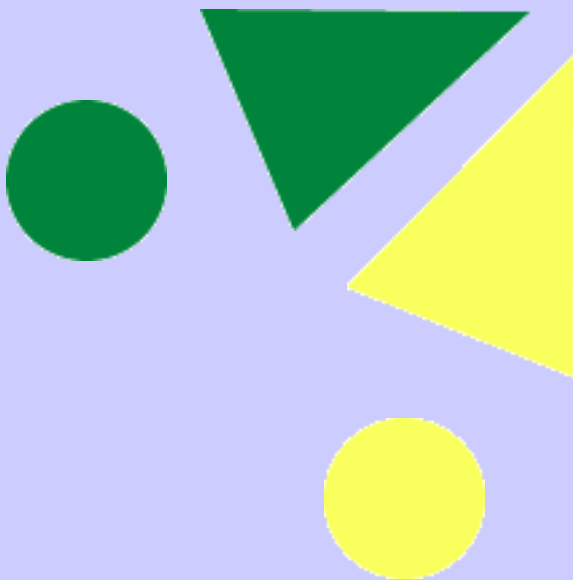
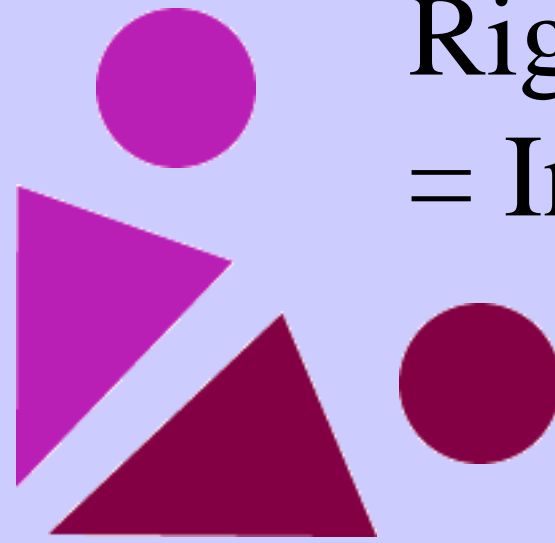
Bottom half
= Extraverts



Left side
= Sensors



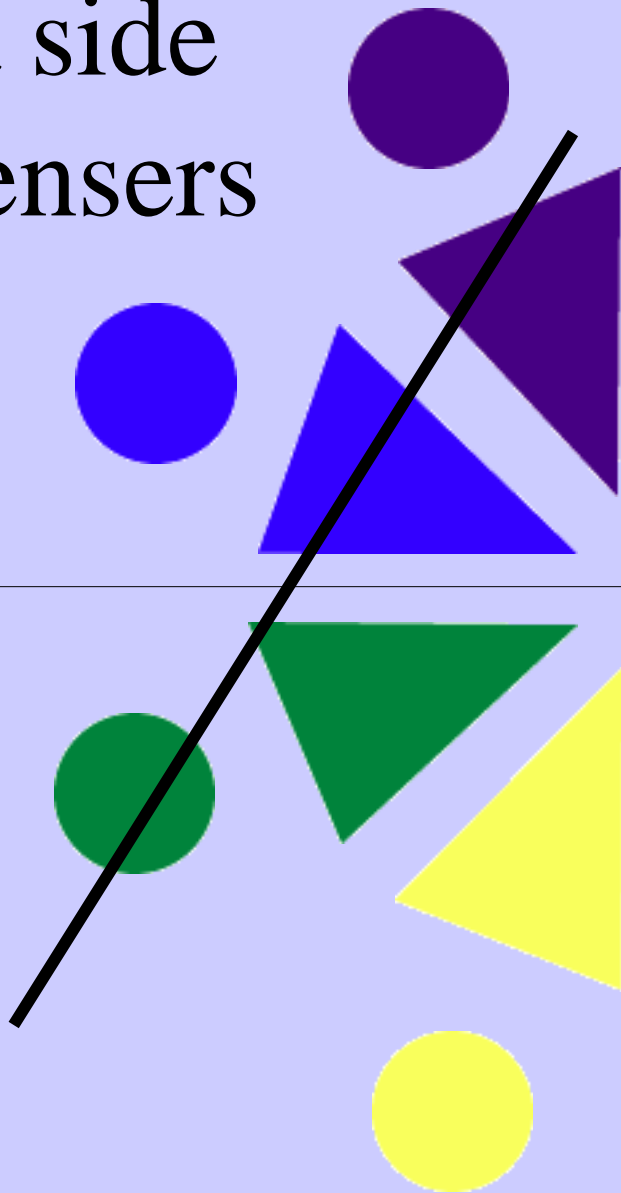
Right side
= Intuitives



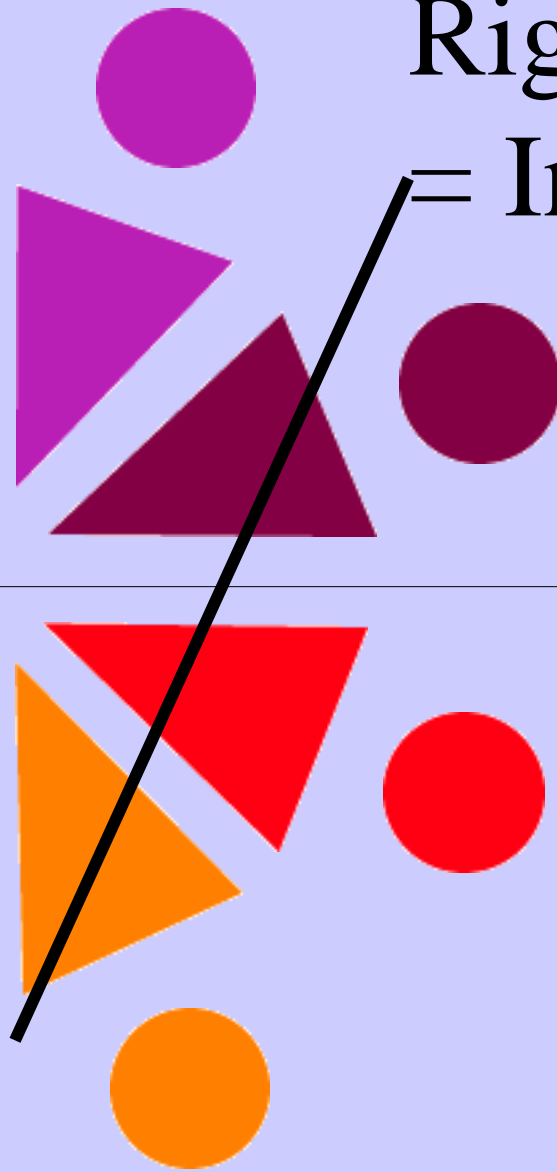
Your Answer Sheet

1	5	9	13	17
2	6	10	14	18
3	7	11	15	19
4	8	12	16	20

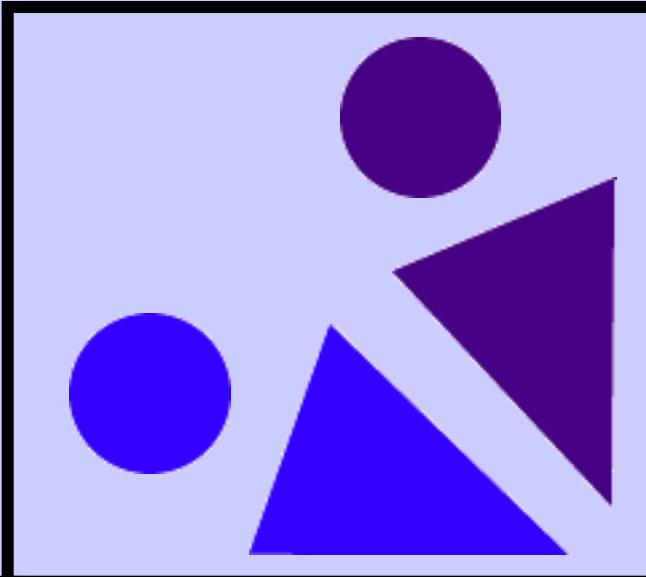
Left side
= Sensers



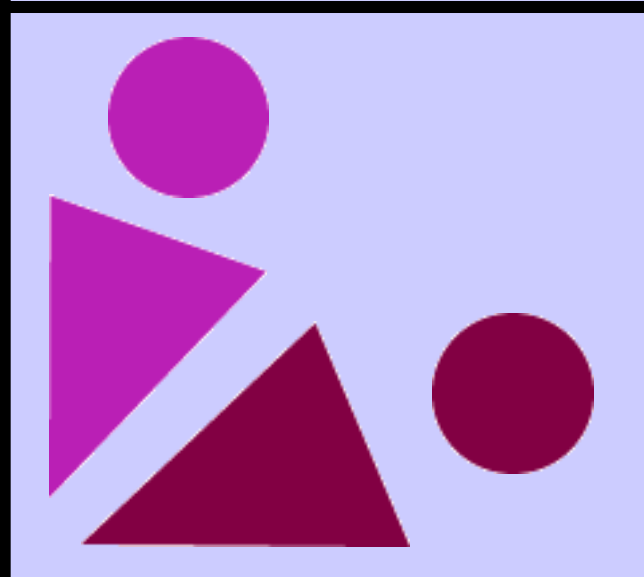
Right side
= Intuitives



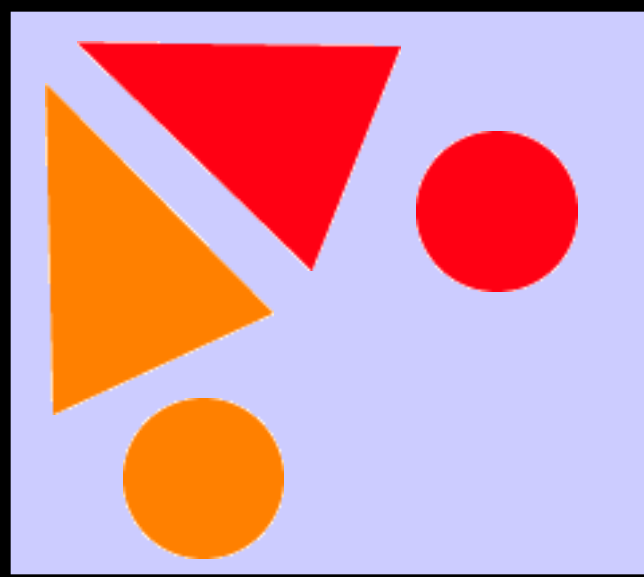
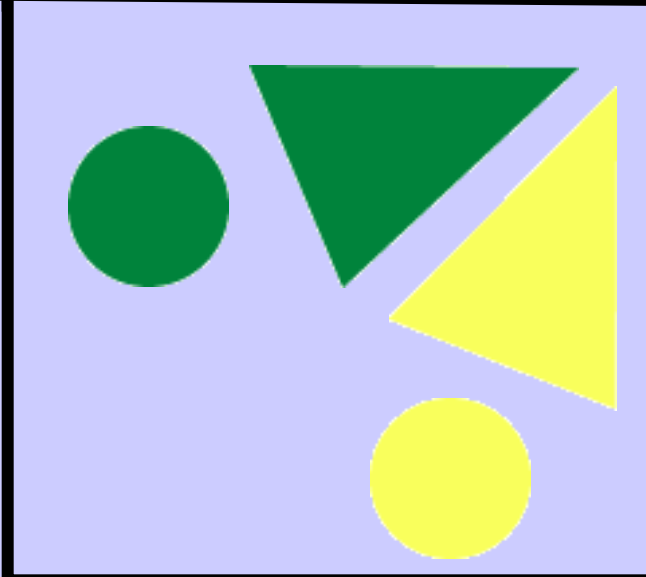
**TOP
LEFT**



**TOP
RIGHT**



**Feelers
= by the
Horizontal
line**



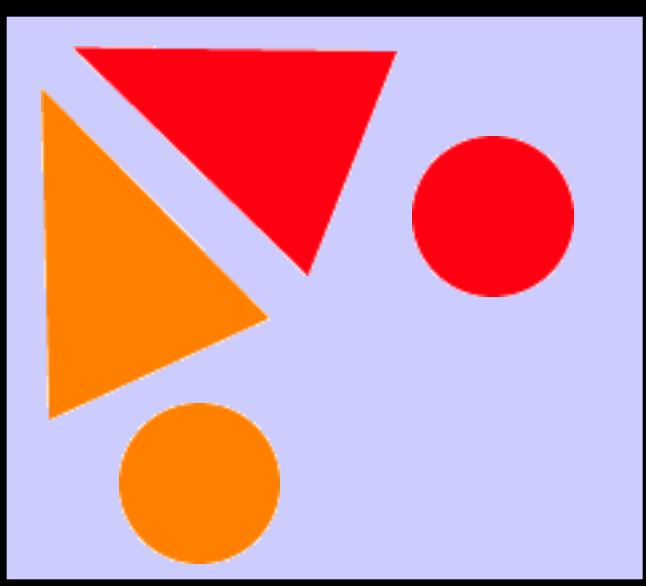
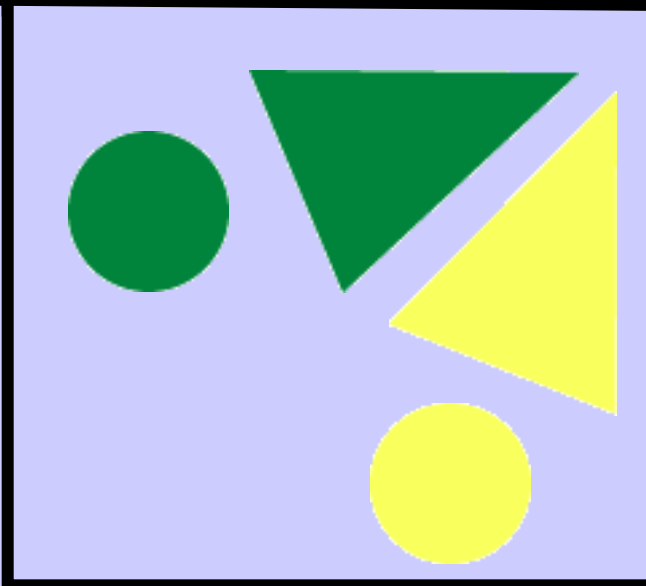
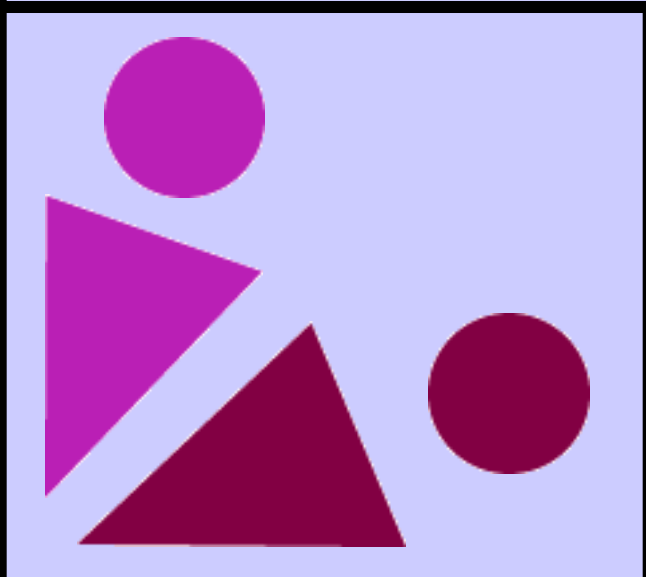
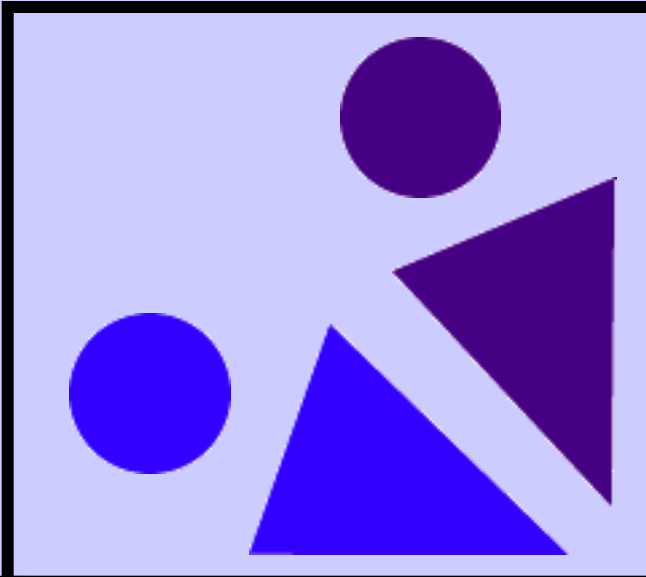
**BOTTOM
LEFT**

**Thinkers = by the
vertical line**

**BOTTOM
RIGHT**

Your Answer Sheet

1	5	9	13	17
2	6	10	14	18
3	7	11	15	19
4	8	12	16	20

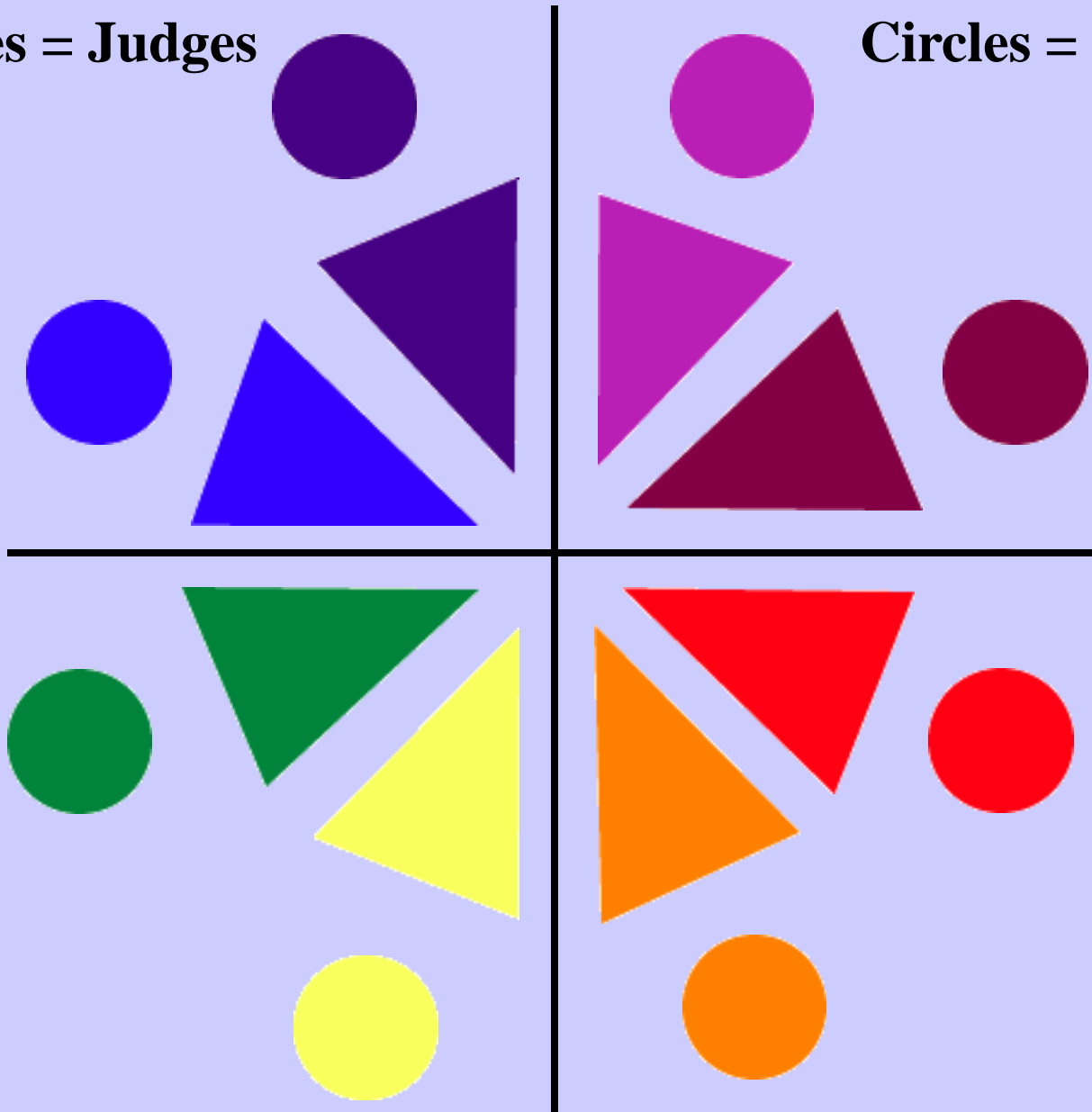


**Feelers
= by the
Horizontal
line**

**Thinkers = by the
vertical line**

Triangles = Judges

Circles = Perceivers

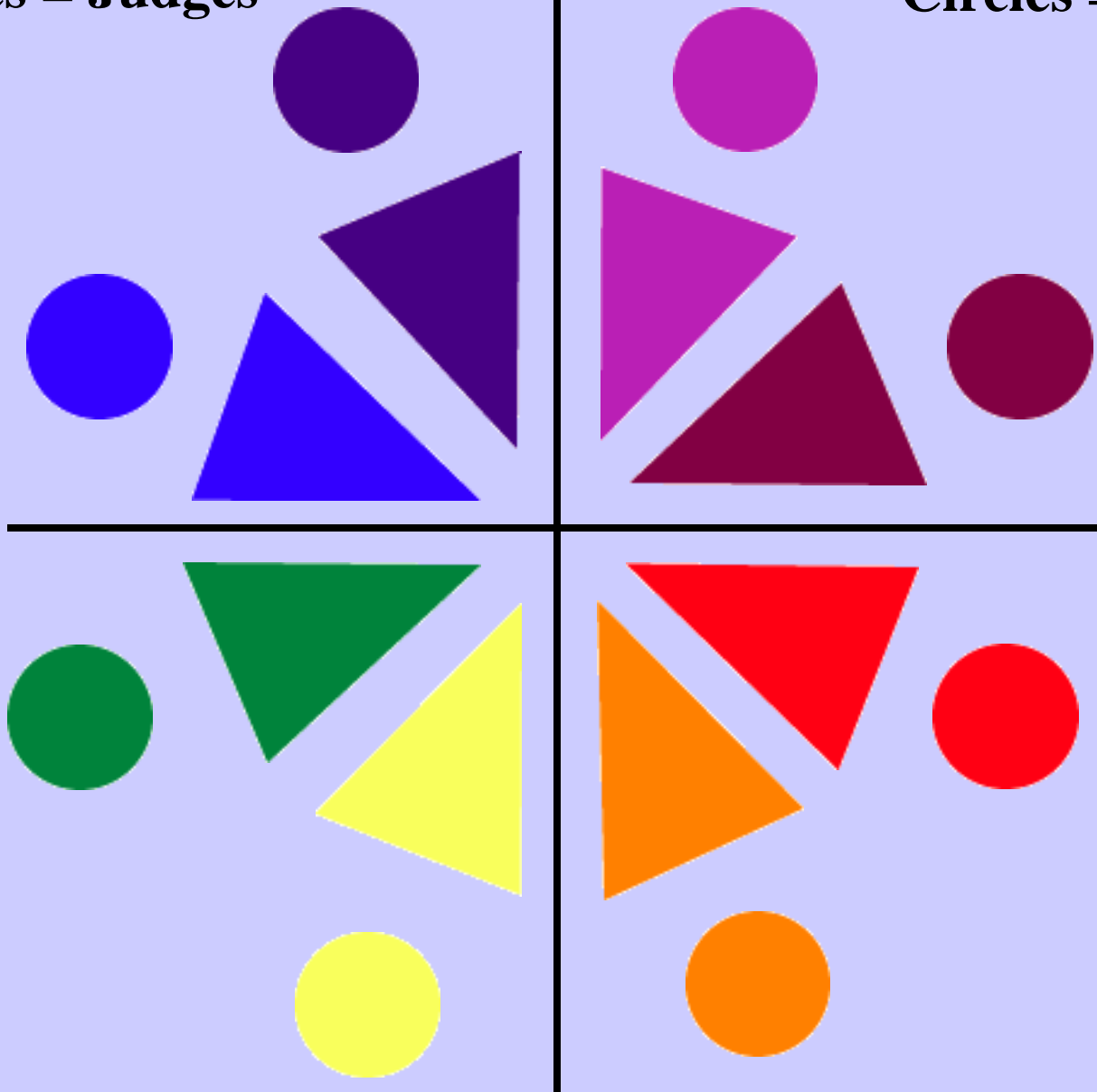


Your Answer Sheet

1	5	9	13	17
2	6	10	14	18
3	7	11	15	19
4	8	12	16	20

Triangles = Judges

Circles = Perceivers



Now

- Look at the description of your type – pages 8 and 9 for introverts and pages 12 and 13 for extraverts
- Turn to the back of the workbook and put on your name badge the sticker representing your type

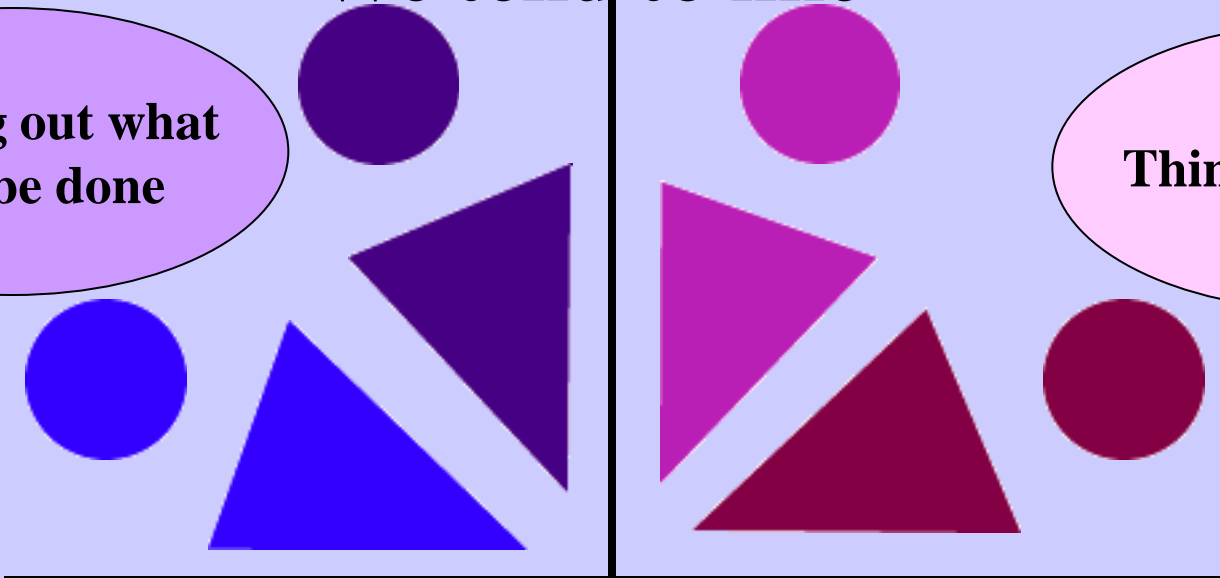
What next?

- Persuade colleagues and clients to discover their type
- Meanwhile, observe people and use the information in your booklets to
 - spot different types
 - understand differences and turn them to advantage
- Remember the advantages to having different types in a group
- And, a couple of examples

We tend to like

**Working out what
CAN be done**

Thinking up ideas



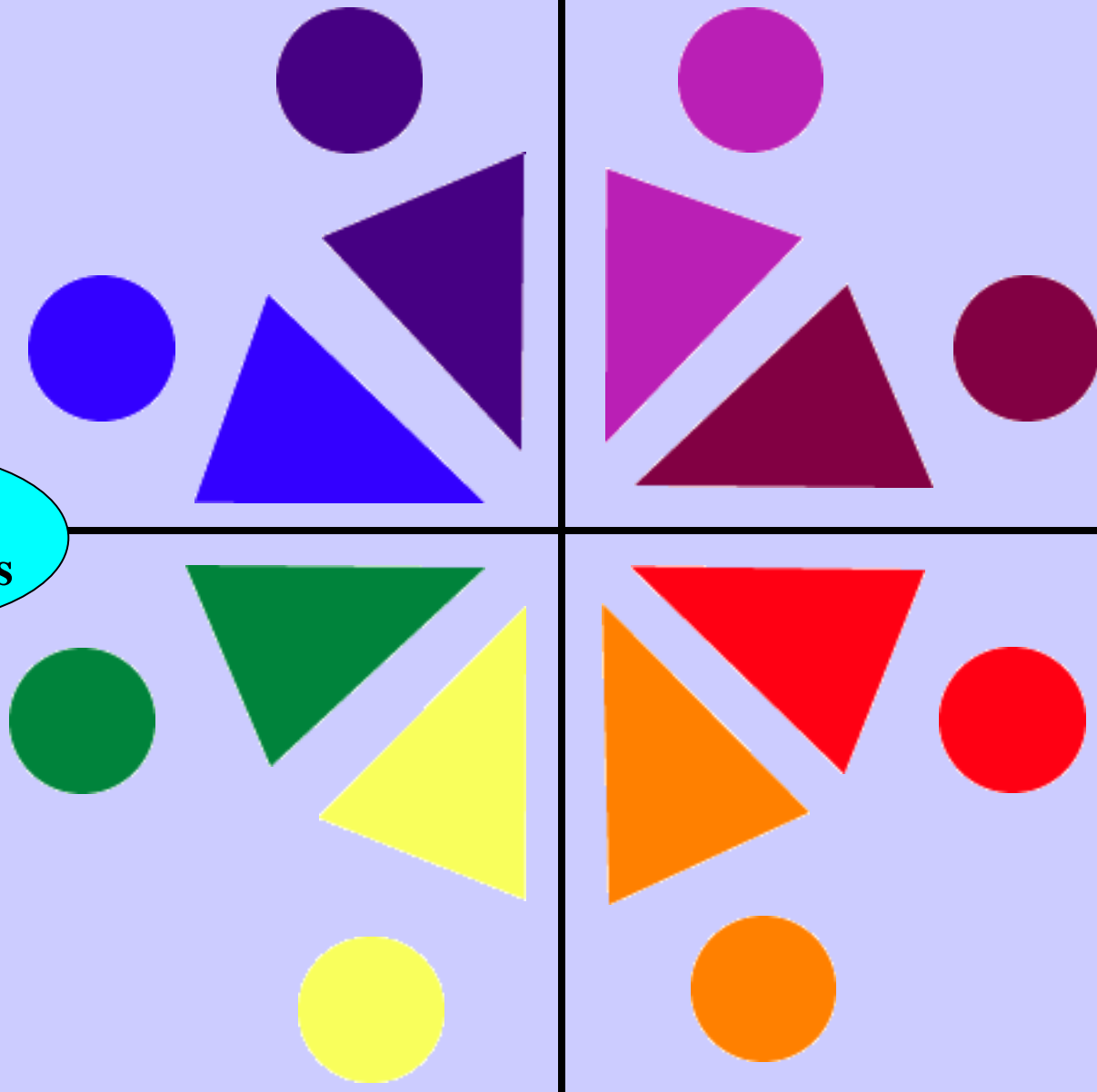
Getting things done

**Working out what
Might be done with
them**

We sometimes need to remind ourselves to

Scope the possibilities

**Check out
The facts**



SING ALONG

Introverts sit above the line
And extraverts stand below
Intuitives find their place to the right
Whilst sensors leftwards go
Feelers lie horizontally
Thinkers are vertically bound
And judges form into triangles
Whilst perceivers circle around

All Together Now

Introverts sit above the line

And **extraverts** stand below

Intuitives find their place to the right

Whilst **sensors** leftwards go

Feelers lie horizontally

Thinkers are vertically bound

And **judges** form into triangles

Whilst **perceivers** circle around

Thank you

- Good luck

And

- Happy typing