



## TRACK 2: WHOLE PERSON COACHING NEXT STEPS

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### Lesson 2: Personalities

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**1. Identify your 4 Letter Personality Type (This information is given voluntarily and will remain confidential.)**

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**2. You have taken the personality profile assessment online. How do you feel it measures up to how you perceive your personality? Do you agree or disagree and why?**

**3. Watch the video of Samuel R. Chand on personality types and conflicts.**

**Completed:**

**4. Write a one page reflection on the steps described for conflict resolution. What steps can you add from your own experiences?**

**If you've completed the assignments, save this PDF and email it to your coach.**