

# PACE PALETTE

USD Women in Science Education Day  
September 29<sup>th</sup>, 2016

# Personal And Company Effectiveness

- ⦿ Life changing
- ⦿ Informative and fun
- ⦿ Increase your understanding of
  - Yourself
  - Your co-workers
  - Your family
  - Even people you don't know

# BENEFITS OF PACE

- ① Personal insights
- ① Increase effective communications with others
- ① Build stronger teams

<b>Spontaneous</b> <b>Impulsive</b> <b>Impetuous</b>	<b>Stable</b> <b>Methodical</b> <b>Planner</b>	<b>Cooperative</b> <b>Idealistic</b> <b>Sincere</b>	<b>Rational</b> <b>Curious</b> <b>Complex</b>
<b>Adventurous</b> <b>Daring</b> <b>Hurried</b>	<b>Traditional</b> <b>Responsible</b> <b>Dependable</b>	<b>Faithful</b> <b>Compassionate</b> <b>Inspirational</b>	<b>Logical</b> <b>Analytical</b> <b>Loner</b>
<b>Loves excitement</b> <b>Explorer</b> <b>Unpredictable</b>	<b>Dutiful</b> <b>Teacher</b> <b>Industrious</b>	<b>Authentic</b> <b>Empathic</b> <b>Motivator</b>	<b>Intellectual</b> <b>Inventive</b> <b>Problem Solver</b>
<b>Energetic</b> <b>Expedient</b> <b>Jokester</b>	<b>Makes Rules</b> <b>Orderly</b> <b>Well-prepared</b>	<b>Supportive</b> <b>Self-aware</b> <b>Caring</b>	<b>System-Thinker</b> <b>Independent</b> <b>Perfectionist</b>
<b>Bold</b> <b>Witty</b> <b>Risk-taker</b>	<b>Loyal</b> <b>Reliable</b> <b>Likes Structure</b>	<b>Romantic</b> <b>Flexible</b> <b>Kind</b>	<b>Theoretical</b> <b>Ingenuous</b> <b>Individualist</b>



# RED - ADVENTURE

- ◎ Free to do things my own way
- ◎ I want to explore
- ◎ Where is the action?? I want a part of it!
- ◎ Impulsive behavior
- ◎ I love the spotlight - watch me perform!



# YELLOW - RESPONSIBILITY

- I value rules, tradition, and authority
- I handle details well
- Structure and order are very important
- Strong urges to plan my work and work my plan
- I anticipate and prepare for the future



# BLUE - HARMONY

- ◎ Relationships are important to me
- ◎ I have lots of friends - human AND furry
- ◎ I embrace emotions
- ◎ I'm caring, intuitive and a great listener
- ◎ I enjoy flowers, music, romantic movies, and nature

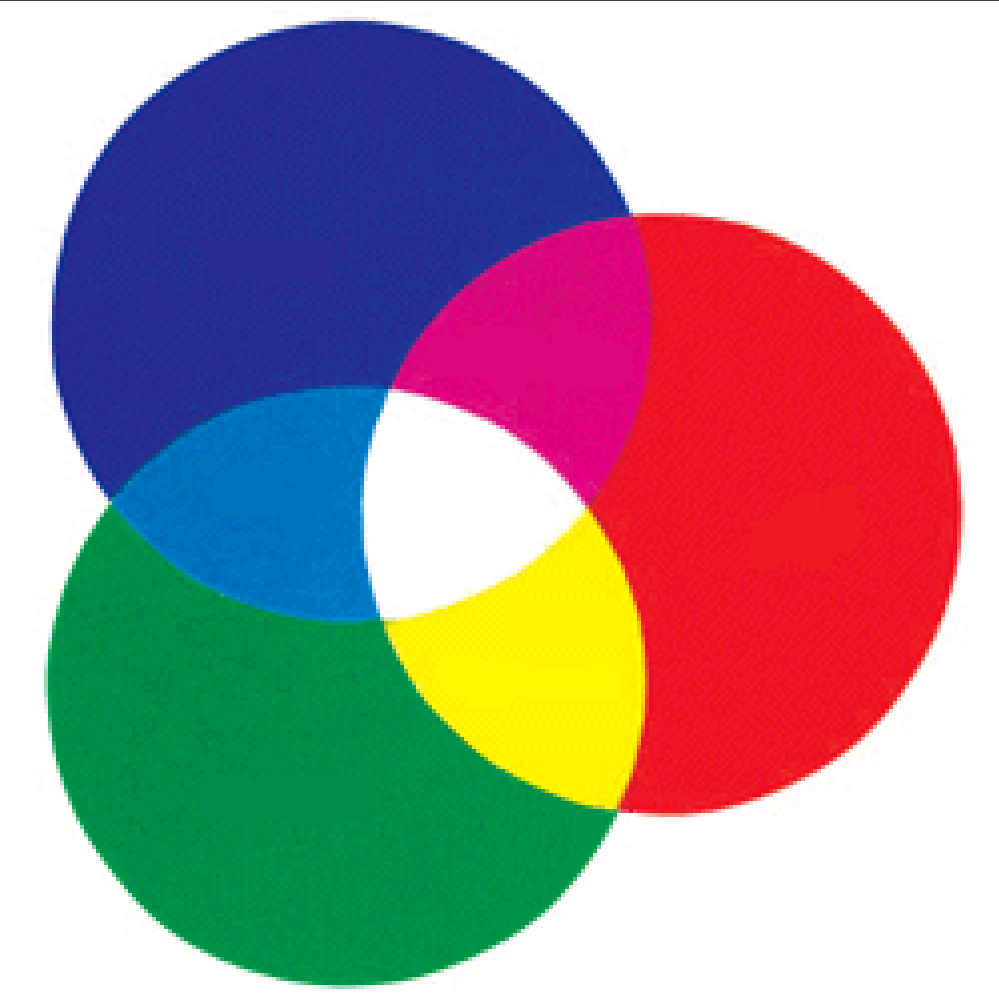


# GREEN - CURIOSITY



- I love puzzles, problems, and finding solutions
- My calm exterior may hide some inner turmoil
- I enjoy research and reading manuals
- Analyze, study, invent, investigate, and explore
- I want my brain to manage my emotions





# JOYS, VALUES AND STRENGTHS

- ⦿ What is really important in life?
- ⦿ What activities give you joy and pleasure?
- ⦿ What are your natural talents?
- ⦿ What do you do well?
  - In professional life?
  - In personal life?

# IRRITATIONS, AGGRAVATIONS, AND STRESSORS

- What things bother you as a group?
- What do people do that bug you?
- What stresses you in your professional and personal lives?
- What makes you angry? Impatient? Sad?

# What's Your Office Like?

## ◎ RED –

- Adventurous photos, trophies
- Cluttered and informal

## ◎ Yellow –

- Certificates of accomplishment
- Neat and organized

# What's Your Office Like?

## ◎ Blue –

- Certificates won by team effort
- Happy, informal family pics
- Warm environment

## ◎ Green –

- Latest in computer equipment, gadgets
- Stacks of work, highlighted manuals
- Will know exactly where everything is
- Not real comfy for visitors

# Breakdown

- ◎ 40% Reds
- ◎ 40% Yellows
- ◎ 15% Blues
- ◎ 5% Greens

Don't fit completely into one  
color?

# Second Color as a Modifier

- ◎ YELLOW – BLUE: A person who likes structure, planning, and neatness and loves people
- ◎ GREEN – RED: Someone who wants to find all the right answers and is willing to venture for them



# Second Color as a Modifier

- ◎ GREEN – BLUE: A person with a lot of curiosity; loves to solve problems and have people around
- ◎ RED – BLUE: This person loves to adventure with people. They stay in touch with kids they went to school with and are ready to visit them now!

# Second Color as a Modifier

- ◎ BLUE – RED: A person who loves people and wants to contribute to others but will be aggressive when they see cruelty or unfairness



# CELEBRITIES AND THEIR COLORS

- Batman – RED
- Abby on “NCIS” – GREEN BLUE
- Ducky on “NCIS” – GREEN
- Donald Trump - ?

# Final thoughts?



# Questions to consider....

- ⦿ A typical day for me...
- ⦿ What I do for fun...
- ⦿ My pet peeves are...
- ⦿ Things that derail me at work....
- ⦿ Things that derail me at home...