



Develop better leaders. Build stronger teams.
Create healthier workplaces.

Gain deeper
self-awareness to
make more intentional
choices in your career,
relationships, and life.

DISCOVER MORE ABOUT YOU

Choose an assessment, gain insight, and walk away with
practical strategies to grow personally and professionally.

CliftonStrengths®



Identify Your Top Strengths

Discover what makes you unique
and how to use your strengths
every day.



Build Confidence

Gain clarity and feel more
confident in your career and
personal decisions.



Work Better with Others

Strengthen your relationships
and communication.



Overcome Challenges

Learn strategies to manage
obstacles and use your strengths
to thrive at work and in life.



Create a Plan for What's Next

Turn your insights into practical
action steps and set meaningful
goals.

OR

MBTI®



Understand Your Preferences

Explore how you naturally
prefer to think, work, and make
decisions.



Improve Communication

Learn how to communicate
more effectively with different
personalities.



Work Better with Others

Understand different working
styles and how to collaborate
more effectively.



Gain Insight into Your Behavior

Discover what drives your choices,
strengths, and potential blind spots.



Use Your Insights for Growth

Apply your results to career,
relationships, and personal
development goals.



Greater
Self-Awareness



Build
Confidence



Improve
Communication



Support
Your Growth

YOUR PACKAGE INCLUDES

- ✓ Your choice of assessment (CliftonStrengths® or MBTI®)
- ✓ Personalized results report
- ✓ 60-minute one-on-one debrief and coaching session
- ✓ Practical strategies you can put into action

SPECIAL PACKAGE

REGULAR RATE

\$99

STUDENT RATE

\$75

with valid student ID



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What They Don't Teach You in HR Class

SELF-AWARENESS | CULTURAL HUMILITY | EXECUTION

KNOW THE RULES. READ THE ROOM. USE GOOD JUDGMENT. TAKE ACTION.

The real-world advantage is knowing yourself, staying curious and following through.



KNOW YOURSELF



NOTICE YOUR TRIGGERS

What situations make you impatient, defensive, quiet or overly agreeable?



CHECK YOUR ASSUMPTIONS

Separate what you know from the story you may be telling yourself.



KNOW YOUR IMPACT

Intent matters, but so does how your words and behavior land with others.



ASK FOR FEEDBACK

Seek input from people who will tell you what you need to hear, not only what feels good.



USE YOUR STRENGTHS WISELY

A strength can become a weakness when overused, especially under pressure.



BE CURIOUS



ASK BEFORE ASSUMING

What else could be true? What information might I be missing?



LISTEN FOR PERSPECTIVE

Different backgrounds and experiences can shape how people see the same situation.



GET SPECIFIC

Replace labels like 'bad attitude' or 'culture fit' with observable behavior and examples.



STAY OPEN

You can disagree and still genuinely try to understand another person's perspective.



PRACTICE CULTURAL HUMILITY

Curiosity and self-reflection help you adapt without pretending you know everything.



GET IT DONE



TAKE OWNERSHIP

Do not stop at identifying the problem. Think about the next useful action.



COMMUNICATE PROGRESS

Keep people informed about what is moving, what is stuck and what you need.



KNOW WHEN TO ASK

Initiative does not mean doing everything alone. Ask questions before avoidable mistakes.



FOLLOW THROUGH

Do what you said you would do, meet commitments and close the loop.



SHOW RESULTS

In interviews, use examples: what you noticed, what you did and what happened.

WHEN THE ANSWER ISN'T OBVIOUS

PAUSE -> NAME -> CHECK -> ASK -> ACT

What am I feeling? What is happening? What am I assuming? Whose view is missing? What's next?



REAL-WORLD HR

Policy + people + judgment

Trust + business needs + action

→ MAKE IT MATTER IN YOUR JOB SEARCH

DON'T JUST SAY: 'I'M A SELF-STARTER.'

Show evidence from work, school, SHRM, volunteering, internships or team projects.

USE A SIMPLE STORY: I noticed _____. I took the initiative to _____. The result was _____.

REMEMBER: EQ is a workplace skill. Self-awareness is the starting point.

Presentation sources include Harvard Business Review / Tasha Eurich and TalentSmartEQ.

BUILD YOUR REAL-WORLD HR TOOLKIT

COACHING | LEADERSHIP DEVELOPMENT | PROFESSIONAL DEVELOPMENT | ASSESSMENTS

Student & career coaching • Leadership coaching • EQ • CliftonStrengths • MBTI® • Workshops • Speaking

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