



Self-awareness creates
**clarity, confidence
and intentional growth.**

Go Deeper With Assessments

Coaching can be even more powerful when paired with greater self-awareness. Assessments can help identify preferences, strengths, behaviors, communication patterns, and development opportunities - giving us additional insights to explore and apply during coaching.

ASSESSMENTS FOR GREATER SELF-AWARENESS

1 MBTI®

Understand personality preferences and how they influence communication, decisions, relationships, and your approach to career or leadership.

2 CliftonStrengths

Discover your natural talents and explore how to intentionally develop and apply your strengths at work, in leadership, and throughout your career.

3 Emotional Intelligence

Build awareness of how you recognize and manage emotions, navigate relationships, communicate with others, and respond to challenging situations.

4 Social Styles

Explore your behavioral and communication style and learn how to adapt your approach to work more effectively with people whose styles differ from your own.

Assessments may be added to individual coaching or incorporated into select coaching packages.

Choose the tool that best supports your goals and development.