

UNLEASHING GREATNESS WITH MYERS-BRIGGS

You are born with a unique set of natural gifts, strengths and talents. Throughout your life you will search for the secrets that help you be your very best. If you're lucky, you'll find this path early in your career, perhaps with the help of a mentor, a leader or a friend. The result is that you feel much happier, more successful and more fulfilled.

What if you search for this path but are unable to find it? Work may feel exhausting, relationships may feel challenging and stressors may feel overwhelming. No matter how hard you try, unleashing your greatness feels like a worn-out cliché.

The Myers-Briggs Type Indicator® (MBTI®) is a tool that can help you in any area of your life because it helps you identify what makes you unique. It helps you discover your natural gifts, strengths and talents, and shows you how to build your life upon a strong foundation. The good news is that it doesn't matter where you are now, how old you are or what opportunities you've already missed. Each day is the first day of the rest of your life, and you can make a difference right where you are, right now.

The MBTI® is a personality self-assessment questionnaire designed to give valuable feedback about personal preferences and describes differences that exist in normal, healthy people. There are so many ways people of all ages can benefit from this type of understanding, including:

- Contributing by being a better team player
- Being more effective at work
 - *If you're a leader you can help your team be more effective at work!*
- Managing stress more effectively
- Dealing better with change
 - *As a leader, get your team on board faster and get results sooner*
- Making more effective and balanced decisions
- Choosing a career that fits
 - *Finding your passion is key to unleashing your potential*
- Getting along better with others (kids, parents, bosses, employees etc.)
- Communicating so people understand you better
 - *Clear communication builds mutual respect*
- Balancing your life so you're happier and healthier
- Learning to trust others and be more trustworthy
 - *This is a core competency if you want to be a successful and influential leader*
- Learning faster with higher retention
- Building stronger and healthier relationships
- And so much more

Unleashing Greatness can be conducted in groups and one-on-one, with adults and youth, in businesses and schools, at conferences and retreats. It is an integral part of the *International Women's Leadership Project*®. In small groups and individual coaching sessions, each person will complete a questionnaire online and be given a personal report during a debrief session held with Dawn Frail, President of Athena Executive Education Inc. Dawn has reached the highest level of achievement with the MBTI instrument and is certified as an **MBTI® Master Practitioner** by Consulting Psychologists Press, Inc.

