The Oxford Dictionary defines **self-awareness** as, "Conscious knowledge of one's own character, feelings, motives, and desires."

There are many different approaches to becoming more self-aware. Here are just a few:

- > Ask for objective feedback from others
- > Keep a journal to track your thoughts, feelings, successes and challenges
- > Document your goals, objectives, plans and priorities

The above are great methods for establishing or growing your self-awareness. We suggest taking it a step further by completing personality inventories. Self-assessments help unlock information about your strengths and opportunities ("blind spots") which have a direct impact on your work performance and development. Increasing your self-awareness helps you become a better leader, communicator, coach, mentor, manager and decision-maker.

There are many solid, insightful personality inventories out there. We'd like to take this opportunity to introduce you to ours: the **BEST² Assessment**[™].

WHAT IS IT BASED UPON?

Our assessment is based on the Big Five Theory of personality, the most empirically supported model of personality in the world. The BEST² Assessment^{TM} focuses in on your Coaching Style and Decision-Making Style.

HOW CAN WE LEVERAGE IT?

Our clients are using the BEST² Assessment[™] to accomplish different objectives:

- > Increasing basic self-awareness
- > Teambuilding for an intact team or leadership group
- > Supporting specific leadership development initiatives

WHAT DOES IMPLEMENTATION LOOK LIKE?

Learning Curve Consultants® will partner with you to identify the most effective approach to utilizing the BEST² Assessment™ to meet your needs. Whether it's developing a custom solution for your team, planning a rollout for a larger audience or equipping your organization with the tools to implement a solution on your own, we can do it.

"Knowing yourself is the beginning of all wisdom."

- Aristotle



Personalized Assessment & Website

"The unexamined life is not worth living."

- Socrates



Communication Matrix & Quick Reference Card

"If you ain't first, you're last." - Ricky Bobby



Reach out to us at <u>BEST@lc-consultants.com</u>. We want to help **Unleash Your Talent®.**

