

Self-Awareness Assessments

DiSC: This **DISC assessment** is designed to test personality by calculating your personal DISC profile based on your everyday typical behavior.

MBTI: Myers Briggs Type Indicator – is a self-report assessment that identifies an individual’s personality type and psychological preferences. Based on Carl Jung’s theories, it categorizes people into 16 distinct personality types using four cognitive functions.

TalentSmart Emotional Intelligence test. Emotional Intelligence is defined as the ability of individuals to recognize their feelings and those of others for motivation and management of emotions for themselves and their relationship with others. He describes it as understanding and managing your own emotions and influencing the emotions of others². Goleman suggests that EQ

Authentic Happiness at the University of Pennsylvania – Martin Seligman, the “Father of Positive Psychology” **includes more than 20 assessments** on topics like Emotion, Engagement, Flourishing, Life Satisfaction, and Meaning

StandOut: We all have certain traits that inform how we tend to react in various situations. The StandOut Assessment captures those traits in 9 “Strength Roles” and reveals your Top 2 Roles. Knowing your Top 2 helps you take advantage of who you already are. When you lean into your natural tendencies, you show up at your best. And you can sidestep your worst — on purpose.

StrengthsFinder: Your CliftonStrengths themes are your talent DNA. They explain the ways you most naturally think, feel and behave.