

ELEVATE YOUR Q NEWSLETTER



UNLOCKING POTENTIAL: TRANSFORM TEAM DYNAMICS

I have some exciting news to share—I'm now certified in MBTI (Myers-Briggs Type Indicator)! This joins my existing certifications in DISC, Five Behaviors, and Working Genius, giving me an even broader toolkit to help leaders, teams, and individuals thrive.

These assessments are more than just acronyms—they're transformative tools that reveal how we're wired to think, work, and connect. They illuminate what drives us, how we collaborate, and where friction might emerge in a team setting. When used intentionally, they build clarity, confidence, and cohesion.

Why This Matters Now

We're navigating a world where miscommunication, burnout, and "busy" culture make true productivity elusive. What if, instead of pushing harder, we paused to understand how we work best? That's exactly what assessments make possible. Each tool I use offers a unique lens.

From Insight to Action

I use these tools not only to help people understand themselves but also to cultivate high-performing cultures. Whether you're onboarding new team members, revamping team communication, or developing leadership capacity, assessments create a shared language that drives meaningful progress.

Here are just a few ways they're making a difference:

- Teams become less reactive and more reflective.
- Leaders develop empathy and adaptability.
- Conflict turns into collaboration.
- Productivity feels more purposeful.

Schedule a virtual coffee with me to discuss ways I can assist you or your team with reaching your goals!

LEAD AND
EMPOWER HER *She*
—TALKS—

She Talks is a transformative movement dedicated to empowering women by providing platforms for their voices to be heard and celebrated.

*I had the privilege to contribute to the June issue of **She Talks Magazine**. Learn more about my story on page 63!*



A Catalyst For Change