

What Birkman® Can Do For You

- ❑ Improve leadership competencies
- ❑ Build powerful teams
- ❑ Develop stronger performers
- ❑ Manage stress effectively
- ❑ Improve decision making
- ❑ Manage change positively
- ❑ Appreciate diversity
- ❑ Relate well to people
- ❑ Make better career/role decisions
- ❑ Increase personal resilience
- ❑ Align lifestyle with values
- ❑ Enhance life balance

When you experience the Birkman Method® from LifeSync Coaching®, you will accelerate your success by *synchronizing what you DO with who you ARE™!*



LifeSync Coaching®

Annette Miller, President of LifeSync Coaching®, has benefited from her own Birkman report—her Foundation Colors report gave her a deeper understanding of her cognitive preferences and improved her performance. Her Interests report spurred her to join a Celtic dance class which brings fun to her free time. Annette's vision for LifeSync Coaching® is to continuously help other people to fully engage in life and realize their potential!



synchronizing what you do with who you are™

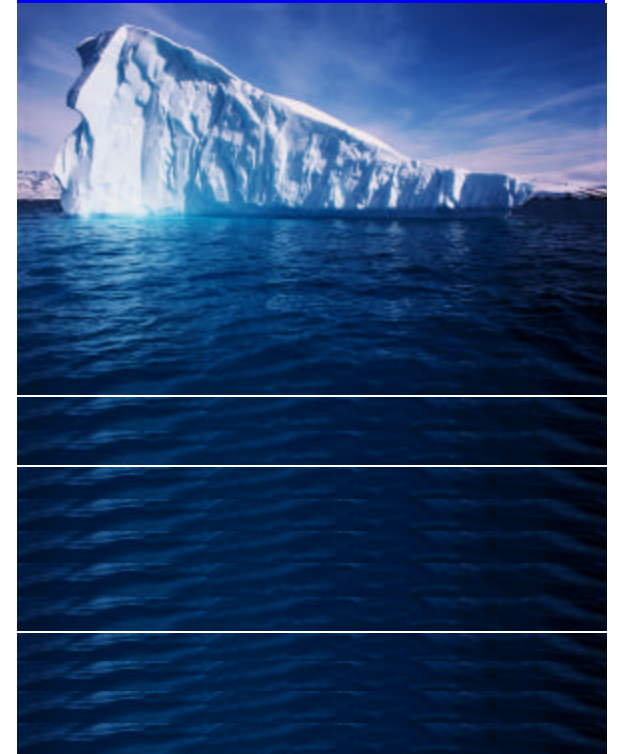
COACHING - WORKSHOPS - SPEAKING

LifeSync Coaching®
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Certified Birkman Consultant

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For individuals and organizations

Reaching Further with Birkman®



synchronizing what you do with who you are™

www.lifesync.com

Reaching Further

An iceberg and a human are similar in this way:

The iceberg is viewed above the waterline—but the largest part of it is hidden underwater. Humans exhibit their “usual behavior” in their outward actions—but may not reveal their hidden internal motivators.

Do you believe that understanding one’s self and others at a deeper level can lead toward higher performance and fulfillment? **We do.**

The Birkman Method® **reaches further** than many other assessments. It is a non-clinical and non-judgmental multi-dimensional assessment to discover many of the facets that make up the personal self and its relationship to performance, both high and low.

The Birkman Method® is a unique experience towards self-awareness and awareness of others. Outcomes include rediscovering passion in life, improving relationships, finding the right career fit, and accelerating personal development for individuals and organizations.

Reaching further with Birkman® from LifeSync Coaching® will accelerate your personal and professional success—are you ready?



The Birkman Method® Measures Five Primary Horizons:

- High performance strength behaviors
- Internal motivators and needs
- Low performance stress behaviors
- Organizational focus
- Personal and professional interests



Delivery

A single on-line questionnaire is all that is needed from individuals. It takes about 45 minutes to complete.

All Birkman® reports are delivered with a consultation by a certified consultant. Sessions are available one-on-one for accelerated learning and personal application. Group sessions are also available. The consultant can be present in person or by phone.

The Birkman® is available in multiple languages and many standard and customizable formats. It is confidently used in cross-cultural contexts.

Participants

The Birkman Method® is beneficial for any adult ready to enhance their life. Use this proven tool to propel excellence to a higher level in your organization.

Reports

The Birkman Method® provides highly personalized reports for you, including:

- Relational Components (usual behavior, stress behavior, needs)
- Career Management Report
- Preferred Work Styles
- Interests
- Managerial and Organizational Style
- Stress Management

Background

Birkman International, Inc. was founded over 50 years ago by Dr. Roger Birkman. Noted educational psychologists, statisticians, psychometricians, clinical psychologists and industrial organizational psychologists have maintained a tradition of research in The Birkman Method®. Today, Birkman International, Inc. continues its reputation of high-quality, insightful and practical products.

Authentic growth—from the inside out

LifeSync Coaching®