

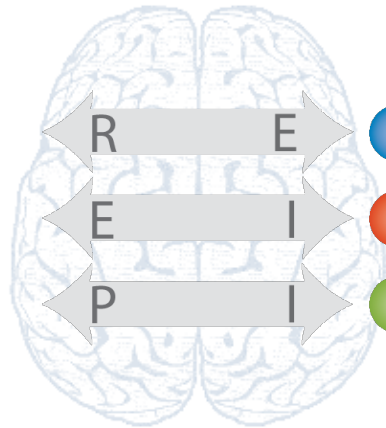
BRAIN DISCOVERY PROFILE: GUIDE

Tips for understanding your Profile

The **BDP** makes the link between EQ, talents, and performance.

You can use this to:

- Increase your self-awareness
- Design action plans that utilize your strengths
- Develop goals that will utilize your highest-scoring talents while being careful not to get derailed by lowest-scoring talents



This first part of the BDP is a quick look at the three scales of Brain Style:

Focus Rational vs Emotional

Decisions Evaluative vs Innovative

Drive Practical vs Idealistic

The numbers (1, 2, 3) are like the bubble size on the BBP; 1 is the “biggest.”

See <http://6sec.org/bbigint> for more.

	Highest Scores	Lowest Scores
Brain Talents	<p>Of the 18 “Brain Apps,” here are your three with highest scores. Focusing on the top strengths provides immediate opportunity.</p> <p>To learn more about the 18 “Brain Apps” see http://6sec.org/btigint</p> <p><i>Consider: How am I using these? Can I use them even more effectively?</i></p> <p><i>What might someone with these strengths do? Can I do that?</i></p>	<p>Of the 18 “Brain Apps,” here are your three with lowest scores. This doesn’t mean they are weaknesses, it just means they’re the lowest of the 18.</p> <p>The Brain Talents are linked to learnable skills, so if you want to develop these, you can! (Again, see http://6sec.org/btigint for tips).</p> <p><i>Consider: Are these weaknesses or challenges for me? Are they blocking my way? How can I use my strengths to help work around these?</i></p>
Outcomes	<p>The SEI includes a second questionnaire about these outcomes. Research shows EQ drives the talents, and talents drives these outcomes.</p> <p><i>Consider: Is this a success? How are my talents helping me with this area?</i></p>	<p><i>Consider: Is this something I want to improve? How are my talents contributing to this?</i></p> <p><i>How could might highest-scoring talents help me with this?</i></p>

Reflection:

Use these questions to discuss the Discovery Profile. They are intended to create an open-ended dialogue about the links between emotional intelligence, talents, and performance.

If you’d like to learn more about these Talents and emotional intelligence, there are many articles and resources available on www.6seconds.org

In addition, we offer free eLearning courses and discussion groups on EQ.org

We are working toward a billion people practicing the skills of emotional intelligence - we hope the BDP will help you do so.