

Be Bold

ASSESSMENT

LEAD A BOLD LIFE BY UNCOVERING SELF-MASTERY
AND IDENTIFYING YOUR THINKING PREFERENCES

EMPOWER
mee.

We Can *Be Bold* Together.

LEVERAGE YOUR STYLE OF BOLDNESS

Are you ready to bring your authentic self to every aspect of your life and unlock your true potential? Our Be Bold Assessment is designed to help you do just that.

Discover and leverage your unique strengths to show up powerfully and effectively in both your personal and professional life. The Be Bold Assessment enhances your self-awareness, while the Foursight Assessment identifies your unique thinking preferences for solving problems.

Together, they equip you with the tools and language necessary to unleash your brilliance and live boldly.



ONE OF THE MOST
ESSENTIAL AND
POWERFUL TOOLS
A WOMAN CAN
POSSESS IS
SELF-KNOWLEDGE

AWARENESS HELPS

In the first part of the Be Bold assessment, you will reflect on yourself—your gifts, education, expertise, and lived experiences. Consider all aspects of your life. This self-assessment will help us connect your answers to your strengths and preferences identified by the Foursight assessment.

Before you begin, use the guidelines below as a framework. They should be applied throughout the assessments and incorporated into your life as a foundational strategy.

Our Guidelines:

- Defer Judgment.
- Make forced connections.
- Strive for quantity.
- Entertain unusual ideas.
- Change the way in which you view failure.

THE SCIENCE OF YOU

Answer the following questions based on your true self. Capture each answer on a separate line, using bullets or numbers. Remember, this is your process, so make it your own! In truth, honesty, and integrity.

1. What do you know for sure about yourself?

2. What are your strengths and talents?

THE SCIENCE OF YOU

3. When are you at your best?

4. What activities or events highlight your best moments?

THE SCIENCE OF YOU

5. What are your self-limiting beliefs, and how can you overcome them?

6. In moments of imbalance, what triggers feelings of being hijacked?

THE SCIENCE OF YOU

7. How might you respond to feeling hijacked or triggered?

8. What strategies can you use, or have you used to appropriately respond to being hijacked or triggered?

REFLECTION AND NEXT STEPS

- Take a few moments to reflect on your answers and exercises. What new insights have you gained about yourself?
- Write down one or two key takeaways from this worksheet that you want to focus on in the coming weeks.
- Consider sharing your insights with a trusted friend or mentor and discussing your plans for personal growth.

Final Thought

Remember, self-discovery is an ongoing journey. Keep revisiting these questions and exercises regularly to continue learning and growing. Your path to self-mastery begins with understanding and embracing who you truly are.

UNDERSTANDING YOUR PREFERENCES

The more you know about how you engage in your problem-solving process, the more effective you can be in all aspects of life. This is true for individuals as well as teams. With awareness, people can leverage their strengths, and fortify areas of challenge.

Likewise, teams who understand and appreciate style differences can collaborate more effectively. Team members can go beyond simply tolerating the fact that people have distinct preferences and can turn style differences into a point of advantage, rather than a point of stress or conflict.

Once you understand your style preference(s), you can undertake specific skill development, dipping into a toolbox reserved just for you, to fine-tune your abilities to master thyself and live BOLDLY.

NO STYLE IS BETTER THAN THE OTHER

Although these are all different styles, there's no particular style that's "Better" than the other. As you can see below, the collaboration of all 4 styles help balance our lives personally and professionally.





THE CLARIFIER

- Clarifies the problem
- Not quick to move to solutions
- Wants to address the right problem
- Gathers information
- Looks at details
- May over analyze & not move forward



THE CLARIFIER

Are...

focused, methodical, orderly, deliberate, serious, organized; may analyze to the extreme and not move forward

Need...

order, the facts, an understanding of history, access to information, permission to ask questions

Annoy others by...

asking too many questions, pointing out obstacles, identifying areas that haven't been well thought out, overloading people with information, being too realistic



THE CLARIFIER

Below list any Insights or Aha's...

Your Preference or Naw?...



THE IDEATOR

- Looks at the big picture
- Toys with ideas and possibilities
- Stretches the imagination
- Takes an intuitive approach
- Thinks in more global terms
- May overlook the details



THE IDEATOR

Are...

playful, imaginative, social, adaptable, flexible, adventurous, independent; may overlook the details

Need...

room to be playful, constant stimulation, variety and change, the big picture

Annoy others by...

drawing attention to themselves, being impatient when others don't get their ideas, offering ideas that are too off-the-wall, being too abstract, not sticking to one idea



THE IDEATOR

Below list any Insights or Aha's...

Your Preference or Naw?...



THE DEVELOPER

- Puts together workable solutions
- Plans steps to implement an idea
- Analyzes and compares
- potential solutions
- Examines the pluses and minuses of an idea
- May get stuck in developing
- the perfect solution



THE DEVELOPER

Are...

effective, careful, pragmatic, planful, patient, dedicated, discerning; may get stuck in developing the perfect solution

Need...

a chance to consider and evaluate the options, time to craft and develop ideas into useful solutions

Annoy others by...

being too nit-picky, finding flaws in others' ideas, getting locked into one approach



THE DEVELOPER

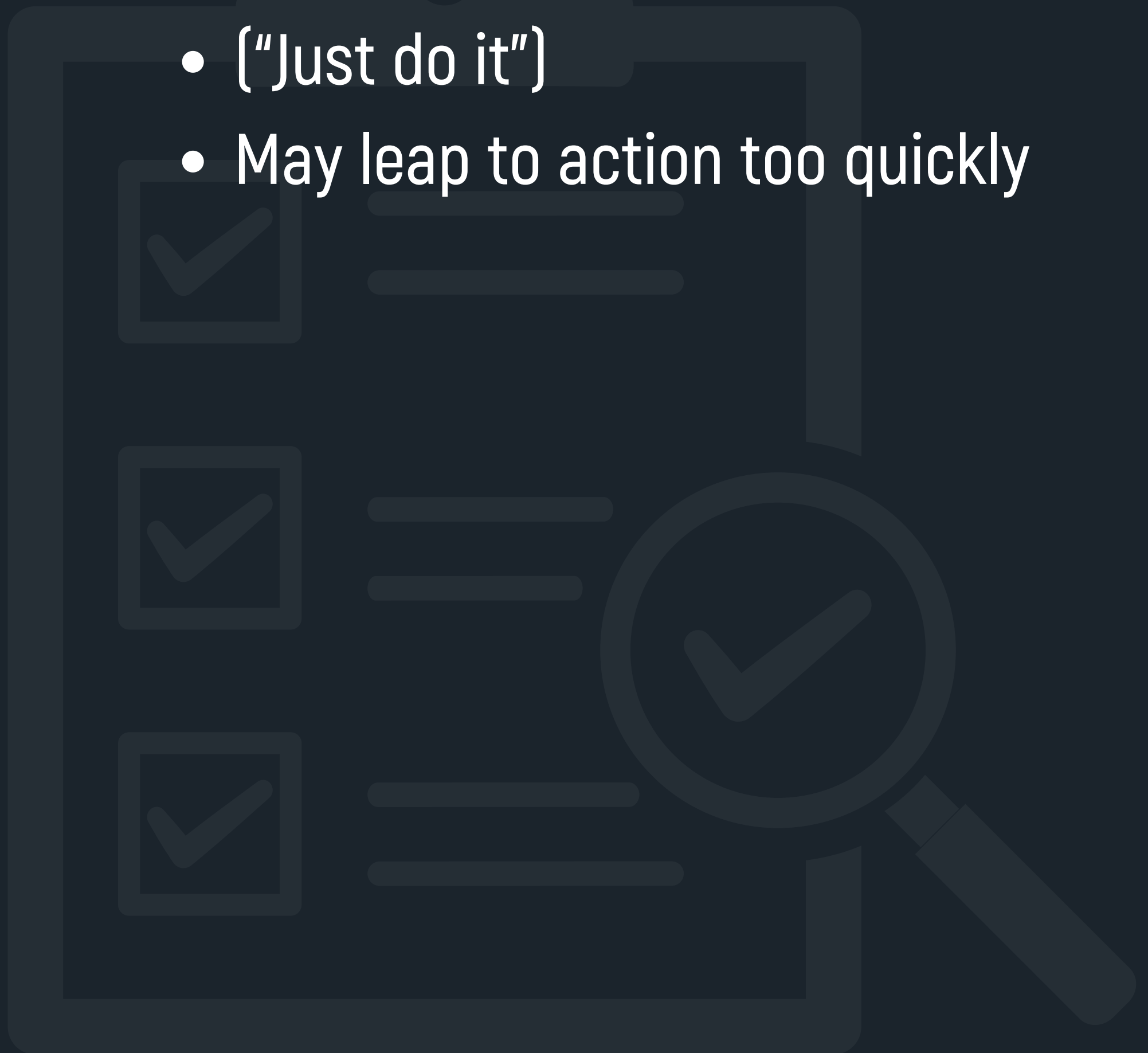
Below list any Insights or Aha's...

Your Preference or Naw?...



THE IMPLEMENTER

- Gives structure to ideas
- Brings ideas to fruition
- Focuses on workable solutions
- Takes the 'Nike' approach
- ("Just do it")
- May leap to action too quickly





THE IMPLEMENTER

Are...

persistent, decisive, determined,
assertive, action-oriented; may leap into
action too quickly

Need...

the sense that others are moving just as
quickly, timely responses to their ideas,
control

Annoy others by...

being too pushy, readily expressing their
frustration when others do not move as
quickly, overselling their ideas



THE IMPLEMENTER

Below list any Insights or Aha's...

Your Preference or Naw?...

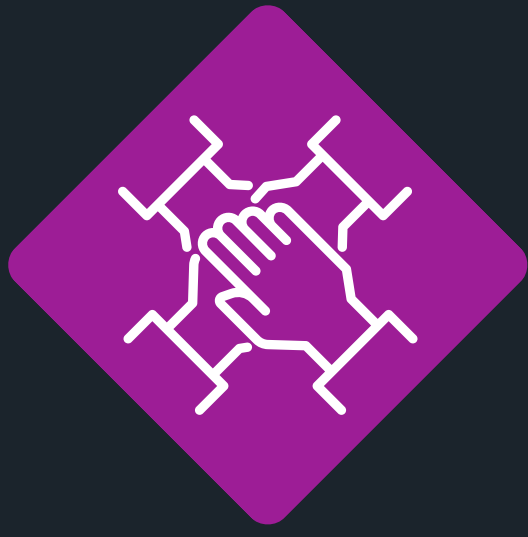
TIP

If you easily relate to all 4 preferences, then you may be an "Integrator".



AN INTEGRATOR

- Easily relates to each preference
- Even energy across four preferences
- Concerned about group harmony
- Bridges style differences
- and plugs gaps
- May lose own voice by
- pleasing others



AN INTEGRATOR

Are...

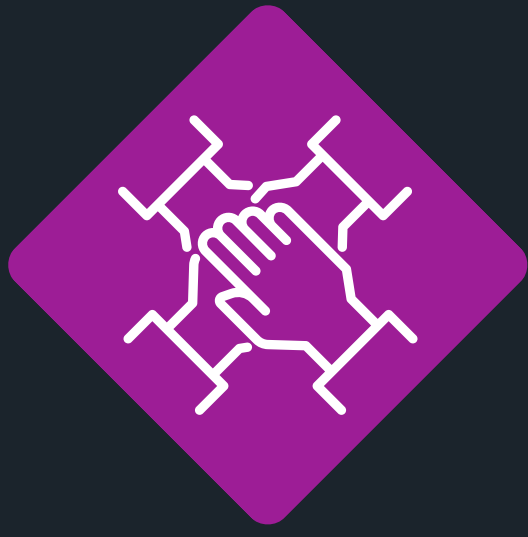
steady, flexible, inclusive, team players, stabilizing influences; may lose their own voice to accommodate team

Need...

cooperation, collaboration, energy from others, to feel others are committed to the challenge

Annoy others by...

pointing out what's not being done, not allowing their voices to be heard, being overly flexible, becoming peace-makers



AN INTEGRATOR

Below list any Insights or Aha's...

Your Preference or Naw?...

LET'S REFLECT

As you reviewed the preference styles above, which style preference(s) resonated with you the most? Who do the other styles remind you of at work or at home?

Yeeesssss!

WHAT A BOLD MOVE!

Congratulations on taking action! By coming this far, you are stepping further into your Boldness. Now that you've embraced your most inner and authentic self and identified your thinking preferences for problem-solving, I challenge you to start incorporating these insights into your daily life.

I know how challenging it can be to navigate this journey alone, and you shouldn't have to. If you're feeling stuck or unsure how to move forward toward your goals, I'm here to help. As a trained creative and ideator, I'm opening my calendar for the next two weeks for women like you who want to soar, be happier, and design life on their own terms.

Schedule your 15-minute complimentary "Clarity Call" today and take the next bold step in your journey.

Want more Boldness in your life? Click the button below to schedule your call NOW!

BOOK YOUR CLARITY CALL

With Tamara, a value of \$250

BOOK NOW



More about **TAMARA L. MCMILLAN, PHD**

Tamara L McMillan, MS, Ph.D. is a magnetic, award-winning speaker, and a compassionate being with flawless creative problem-solving facilitation skills, badass storytelling superpowers, and the distinctive ability to elevate her clients and audiences. Having achieved numerous degrees /certifications, authoring a book, and leveraging an award-winning career in academia and pharmaceutical sales, she started empowerMEE to follow her mother's wisdom to "take care of your sisters" around the globe. She is a known Failure Fanatic (Failure Fanaticism™) who utilizes evidence-based tools that help change how her clients, students, and audiences view themselves and the world.

Yet, it is her high level of energy, ability to "dream big and in color," and authenticity through self-knowledge, that make her unforgettable and inspiring to those ready to navigate what's next in their lives. Her message of liberation, empowerment, and self-love comes from what she has mastered in her journey and her passion for helping women to Be Bold Together.

Tamara is qualified in the Myers Briggs Type Indicator, Strong Interest Inventory, Emotional Intelligence, 7 Habits for Highly Effective People, and an Advanced Trainer for FourSight (problem-solving assessment). Additionally, as an educational consultant, she provides keynotes and training events for the public and private sectors, educators, and the business community.

LET'S CONNECT!

BOOK NOW

