

## The HBDI® is the Ultimate Coaching Tool

“I finally have permission to be myself!” exclaimed my coaching client Christine as we debriefed her HBDI® profile. “I’ve spent my entire life apologising for being so different from my family. Now I see why. They’re left-brained accountants, and I’m a right-brained entrepreneur.”

When Christine asked me to coach her, she was already motivated to fully honour her thinking style preferences. But seeing her profile gave her the insight and—as she said—the permission to start pursuing her new business with unabashed enthusiasm and confidence.

Like many of my coaching clients, Christine had previously completed the DISC and Myers-Briggs assessments. But neither had penetrated the essence of her strengths, talents and passions to the extent that the HBDI® was able to do.

From my experience of debriefing more than 350 profiles, Christine’s reaction is the rule, not the exception. I have never considered using other assessments in my coaching practice because the HBDI® goes right to the core of how my clients are wired to think, work, learn and communicate.

Particularly for those who have attended one of my workshops explaining Whole Brain® Technology, an hour’s profile debrief gives them insights into personal next steps that would otherwise require multiple sessions of intense exploration into their motivations, aspirations and inclinations.

In coaching it is so important to help clients articulate what it is that they are trying to accomplish in their personal and professional lives. Using their profile as a road map has proven to be an irreplaceable guide for my natural intuition about what people are really looking for in life. They may not have identified an exact direction, but their preferences never fail to illumine where life is most satisfying for them.

What a gift for my clients—to validate and support their right to be uniquely themselves, and to give them a four-colour visual that literally points to their life direction! From my perspective, the HBDI® is the ultimate coaching tool.

Copyright 2008 TotalPros, Inc .Cheryl Eckl has been a Certified HBDI® Practitioner since 2001. She is a speaker, writer and facilitator, and has completed over 350 individual and team HBDI® profiles in her work as a personal coach and professional development trainer.



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The Originators of Whole Brain Technology™ and the Creators of the Herrmann Brain Dominance Instrument (HBDI)™

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