



## A Guide for Reviewing Your TriMetrix Assessment Report

1. Your TriMetrix Assessment includes three different assessments that measure three different views of a person:
  - a. **DISC Behavioral Style** – This assessment shares insight around your “style.” It is how others may see you and describe you.
  - b. **Workplace Motivators** – This assessment reveals what gives you energy and naturally interests you. Your motivators are not easily seen or observed by others.
  - c. **Acumen** – This assessment shares top personal skill competencies and potential areas of development. It’s a snapshot of how you are thinking, feeling and making decisions.
2. As you read your report, resist the temptation to be hard on yourself. **Be on the lookout for your strengths.** Knowing what your strengths are matters. And we’ll be looking for them together...
3. You also want to focus only on development areas that are hindering your ability to reach your goals.
4. If you find areas in your Report that seem as though they are describing someone else, and it just doesn’t seem like you, you may be right. Or it could be a blind spot. Do not *‘throw the insight away’* until you’ve reviewed it with someone who knows you well. *(Sometimes we just don’t see the blind spot---and sometimes, it just isn’t true for you.)* **Conduct research before** you discount something that could be useful insight for you and your career.
5. A Reminder: Do not try to digest this information all at once.
6. **Guidelines to Prepare for Our First Coaching Call: Read your Report and make the following notations on areas that stand out for you:**
  - **(star)** = *“I agree with this point whole-heartedly.”*
  - **(X)** = *“I absolutely do not agree with this point.”*
  - **(?)** = *“I want to find out more about this point/area.”*
7. Finally, keep a sense of humor! Be prepared to laugh and embrace your strengths AND your development opportunities. They are what make you the special, unique you that you are!

*“Your talents, your strongest synaptic connections, are the most important raw material for strength building. Identify your most powerful talents, hone them with kills and knowledge, and you will be well on your way to living the strong life.”*

**Now, Discover Your Strengths**