

# Discover Your Strengths for Success

A Life Management and Career Planning Workshop for Young Adults ages 18 - 25

Imagine knowing your personal strengths so well that all of your career and life management decisions set you up to succeed! Imagine scanning through the post-secondary program guide or the RAP program and finding that one career that sets you on fire. Confidently you register for that particular program knowing that you have made a solid investment in yourself.

These scenarios are the result of understanding and honoring your natural strengths using "whole brain thinking"!

Whole brain thinking is a process that identifies our strengths – as opposed to focusing on overcoming our flaws. It is an intelligent, inclusive system that leads to personal fulfillment, greater productivity and positive lifetime results.

Engaging our strengths optimizes our chances of being more effective. When we feel smart, we enjoy our work. When we enjoy our work, we bring our very best to the workplace each and every day. Get prepared for today's workplace!

**DYS for Success is a life management and career planning workshop for young adults ages 18 - 25 who would like to:**

- Build their self-esteem by understanding their unique natural strengths
- Overcome the fear of success and realize they were born to succeed
- Choose a career that matches and uses their personal strengths
- Ensure that their investment in post-secondary education or training for a trade is well spent

**In this 3-hour workshop, participants will learn:**

- The 4 thinking styles (natural strengths)
- Introversion and Extraversion
- How to identify and respect their own thinking style and the thinking styles of others
- The types of career categories that suit the different thinking styles

DYS for Success will give participants' life management and career planning information that is immediately useful, practical and enlightening!



### What people say about 2020 Mindsight...

"Fantastic, dynamic presentation!" "Totally changed the way I look at marketing!" "Information I can use everywhere!" "Powerful!" "Why don't they teach this in school?"

### What people say about "Generations at Work"...

"I've attended several 'generations' workshops and yours is by far the best!"  
Luc Bouchard, Alberta Health Services

## 2020 Mindsight

Energizing Teams,  
Engaging Individuals



Alberta-based "Whole Brain Thinking" expert, Desiree Bauer, has a history of drawing together diverse teams to reach common goals. She was the President and CEO of the award-winning Blindman River Regional Development Agency, a grassroots movement that partnered five different municipalities and their citizens to generate several successful economic and community development initiatives. Subsequently the Economic Developers Association of Alberta nominated her "Economic Developer of the Year".

Fueled by a desire to teach people how to discover their strengths, Desiree studied under Herrmann International (HBDI™)\*, one of North America's foremost authorities on thinking style preferences and their impact on individual success, health and wellness. As a Certified Professional Development Facilitator, Desiree teaches her clients how to achieve personal and professional excellence by identifying and engaging their unique natural strengths.

In business since 2003, Desiree delivers business-based professional development presentations, on-site corporate training, conference workshops / sessions as well as the HBDI™ assessment.

\*The Herrmann International method has its roots in work that began at General Electric and has been validated by more than 30 years of research, including a database of results from more than 2,000,000 assessments. The Herrmann International approach is taught at the Wharton School of Business and has been featured in books and leading publications including the Harvard Business Review.

Desiree has served on numerous Central Alberta boards including the Blindman River Regional Development Agency (President and CEO), Rimbey Chamber of Commerce (President), the Leadership Centre of Central Alberta (Director), Alberta Women Entrepreneurs (AWE) (Director), Past Chair of the Red Deer Chamber of Commerce Ambassadors, Red Deer Chamber of Commerce (Director), Red Deer College Alumni Association (2nd Vice Chair) and was a National Member of the Canadian Association of Professional Speakers – Edmonton Chapter.

### 2020 Mindsight

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Herrmann Brain Dominance Instrument™