



## The Benefits of The Birkman Method

The Birkman Method is a scientifically reliable and valid assessment of personality and perception. This assessment tool has helped millions of individuals, leaders, and teams achieve greater success through insights into their motivational interests, occupational behaviour, and deep-rooted perspectives.

### Here's a few benefits of completing the Birkman assessment:

- Gain an understanding of what drives your individual perceptions and outlook on the world
- Learn more about your personal interests and natural strengths. See how those come into play at work and how you can leverage them more effectively
- Resolve any potential conflict that may arise when an individual's needs differ from how they show up to others
- Increase team effectiveness through a better understanding of individual personality styles and communication preferences
- Increase emotional intelligence through greater self-awareness and awareness of others

You will be receiving a link to the Birkman assessment in a separate email shortly. The questionnaire should take 30mins to complete. No action is required after you complete the questionnaire.

Your Impact Coach will reach out to you to set up a debrief. They are well-versed in the Birkman assessment tool and can provide you an in-depth debrief of your report to maximize your utilization of your results.

For more information, please visit: [www.birkman.com](http://www.birkman.com)