



SUCCESSFUL CAREER & LIFE PLANNING BEGINS WITH AN INTERNAL IN-DEPTH PROCESS!

Some people are blessed with a seemingly built-in GPS mechanism. They know who they are and where they're going in life. They are secure, grounded and confident. However, many people struggle to find their way...they feel they never got 'on track' early in life and wonder if they ever will. Some are stuck in dullsville jobs and professions. Others are torn between having security and following their passions.

Invent Your Life provides a holistic and objective perspective that may not be readily seen—guidance that is both intuitive and practical—when you feel “stuck in the mud” or needing advice or a new life direction and perspective.

Life coaching and assessments are offered as standalone products, as well as bundled coaching and assessment programs. These programs include: **CALLINGS (What shall I do with my Life?)**, **YOUNG PROFESSIONAL (customized for 20 Something's)** AND **MAJOR IN SUCCESS (High School and College Students)**.

These programs include online assessments and life coaching that provide tangible, personal data on YOU—highly relevant information to help you make informed decisions regarding your future. Each assessment has a one-on-one feedback discussion to interpret the findings.

The assessment results are integrated and summarized, indicating specific major and career opportunities and assistance in discovering your passions and purpose. Additionally, life transition issues may be addressed, such as downsizing, separation/divorce.

Invent Your Life was founded in 1999 by Cindy Valliere, a professional life coach. Cindy has a BS from the University of Arizona, is a graduate of Coach U, and is a certified affiliate with The Highlands Company. She is credentialed with TTI Performance Systems, Ltd, as a

Values & Behavioral Analyst. Cindy's coaching takes on a holistic approach to total wellness as she acknowledges mind, body, emotions and spirit in what makes each of us the unique individuals we are. She launched Invent Your Lie to help people achieve greater fulfillment and improved quality of life – at school, work and home.

Invent Your Life features a variety of assessments offered individually or bundled in programs. They include:

The Highlands Ability Battery™ is a series of 19 timed exercises that measure your natural innate abilities. This is not like any other test you've ever taken. In each exercise, you use your computer keyboard to solve a puzzle that tells us something about you. Each exercise measures a particular aptitude—for example, the strength of 3-D abilities, the number of ideas generated, how you gain and replenish energy and how you solve problems. It takes three hours to complete online; you may find many of the exercises challenging and interesting. You'll be amazed how much they reveal about you! Three versions are offered: Student, Adult and Leadership.

Myers-Briggs Type Indicator provides an in-depth description of your psychological type and how it can impact career choice. It will help you identify your unique gifts, enhancing understanding of yourself, your strengths and potential areas of growth. It will also help you appreciate people who differ from you. Psychological type is a theory of personality developed by Swiss psychiatrist Carl G. Jung. Jung concluded that differences in behavior result from people's inborn tendencies to use their minds in different ways. As people act on these tendencies, they develop patterns of behavior.

Strong Interest Inventory® Interpretive provides a powerful method for matching the interests of an individual with opportunities for jobs, education, and leisure activities. It identifies your interest theme, five interest areas and ten possible occupations. People tend to seek environments that meet their interests and allow them to express their values and attitudes. They are naturally attracted to activities that they enjoy, in turn developing skills and abilities in those areas. Conversely, they avoid activities that are not enjoyable to them and don't develop the corresponding skills necessary for them to do so.

Personal Interests, Attitudes & Values™ or **Workplace Motivators™** measures the powerful motivating forces within you that largely affect how you behave and how others perceive you. What is it that motivates you to take action? What is the source of your

desire to become involved in certain activities—or to avoid them? Why do you behave in the manner you do? With this assessment you will be able to make career choices that are more in line with your underlying passions, understand the causes of conflict in your life and gain the flexibility of being able to see life from different viewpoints.

Management-Staff or Sales Version (DISC) assessment helps you recognize behavioral styles so you can become a more effective communicator. The key to successful people management and personal growth is knowledge of what is unique about each person's talents. With the knowledge provided by this report, people can be effectively coached in maximizing their strengths to achieve the organization's goals and applying this information to create improved morale, increased productivity, personal development plans, and win-win situations for both staff and managers throughout the organization. Some of the areas covered include: Value to the organization, do's and don'ts on communicating, ideal environment, natural and adapted styles, keys to managing and motivating and corresponding action plan.

If you would like more information on Cindy's coaching, assessments and bundled programs, visit her website at www.inventyourlife.com or contact her at cindy@inventyourlife.com or 336-306-9449. She offers a free thirty minute consultation to discuss your needs or answer any questions and would be delighted to chat or meet with you.