



JoAnn Sheffield

EMPOWERMENT COACHING

RECOMMENDED ASSESSMENTS

Please share the results of your assessment with me.

1.) How You self Sabotage (free)

<https://www.positiveintelligence.com/assessments/>

2.) StrengthsFinder 2.0 book and assessment by Tom Rath

3.) Myers-Briggs Personality Test

4.) UniquelyYou- DISC

<https://uniquelyyou.org/catalog/>

5.) Enneagram

<https://www.enneagraminstitute.com>