

Here's How I Can Help You

By Sondra Whitt

Studies have shown that an individual's productivity and effectiveness increase as much as 40% when they are intrinsically motivated.

As an Industrial/Organizational Psychologist I use a proven process to help individuals identify and develop the skills they must master to become more intrinsically motivated and reach their full potential.

Think of this process like going in for a medical checkup. I'll run tests (assessment) on you and to determine what kind of condition you're in — the assessment is the equivalent of a diagnosis. The assessment is composed of three sections which measure attributes, motivating values, and behaviors.

You are now ready for step two — the prognosis. This step includes a consulting session I conduct with you over the phone. I help you interpret the data from your assessment and answer questions you have.

Now you are ready for step three — my prescription. During our telephone consultation, we will identify the areas from your report that you and I agree you need to develop to maximize your potential — professionally and personally. This establishes a benchmark for your self-development plan — a way to measure where you are now and where you need to be. My prescription includes RxCDs for your areas of improvement. These Rx CDs are designed specifically for the areas of improvement identified from your report. Each RxCD includes an audio lesson that you can listen to and read on your computer, listen to on your CD player, and a workbook which you can print from your computer.

To help you put this process in perspective it is a personally customized self-development program. Instead of guessing what you need to work on, you now know specifically what you need to work on. Instead of listening to a general audio development series, you spend your time working only on the areas you need to.

I want to help you build a personalized self-development process that will enable you to maximize your potential and be more successful in your career and every area of your life.

Call me at 918-494-0009 or email sondra@whittenterprises.com.