

# HBDI™ Profile Package

**Complete the survey to find out** your thinking preferences and we'll send you a full-color profile package, a two-page copy of your profile and summary sheet in color, and additional resources and activities that interpret and explain your scores in detail.

Research has shown that people are capable and flexible enough to develop their less preferred thinking styles with focused activities and increased understanding. The HBDI assessment is the first step toward helping participants successfully leverage their whole brain – not just the parts they prefer using.

**Here's how it works:**

The HBDI measures the strength of preference for each of the four distinct thinking approaches: the left sides' upper and lower modes, including our rational and safe-keeping selves, popularly called "left brain thinking," and the right sides' upper and lower modes, including our experimental and feeling selves, commonly called "right brain thinking."