

# Curiosity Unleashed: Harnessing the Power of Inquiry

## *The Gift of Inquiry: Strengths and Saboteurs*

*"Your strengths are your gifts to the world. Use them to inspire, empower, and make a positive impact on those around you."*



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| <p><b>Clifton Strengths</b><br/>34 divided up into: Strategic thinking, Relationship building, Influencing, Executing</p>                                      | <p><b>MBTI assessments</b><br/>16 personalities and Truity</p>   |
| <p><b>Core Values Index</b><br/>Merchant, Innovator, Banker, Builder</p>   | <p><b>Career Values</b><br/>Work with Others, Creativity, High or Potentially high earnings, Challenge, Helping Society</p>  |
| <p><b>VIA Character Strengths</b><br/>Youth and Adults - Curiosity, Perspective, Appreciation of Beauty and Excellence, Perspective, Perseverance, Courage</p> | <p><b>Taproot Life Values</b><br/>The exercise of attaching a verb: Spreading Kindness, Racing Forward with Zeal!, Embracing growth, Seeking out wisdom, Living in Balance</p> |

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| <p><b>Core Desired Feelings</b><br/>Joy &amp; Vitality: Artful, Luminous, Giving, Hopeful<br/>Love &amp; Connection: Abundance, Collaborative, Genuine<br/>Freedom &amp; Power: Assured, Gutsy, Courageous</p> |
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*"The first step to overcoming your saboteurs is to shine a light on them. Acknowledge their presence and work to dismantle their power over you."*

***Laura Francis is passionate about unlocking and encouraging the voices of those experiencing life's transitions. She is the founder of Unlock You coaching and brings over 30 years of diverse experience to her work as a career and lifecoach. Featured in the New York Times, Laura is an expert on teen, young adult and midlife and the issues currently affecting those populations. She is also co-founder of The Roundtable, an interactive workshop centered on career choices. Laura is an ICF certified life coach and an active member of the Forbes Coaches Council. She is also a designing your life certified coach through the Stanford University Design-lab.***



***Laura offers 1:1 coaching, group coaching and is available for speaking engagements. She is based in the San Francisco Bay Area and Carmel, CA and works with clients virtually worldwide.***

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