

CONFIDENTIAL

# i4 NEUROLEADER™

## REPORT

360° FEEDBACK ASSESSMENT

TOTAL RESPONSES = 10

Thursday, December 26, 2024  
Sample Report

ABOUT MY BRAIN™ INSTITUTE





## WELCOME TO YOUR i4 NEUROLEADER™ REPORT

*The world has evolved, and the secret to developing 'great leadership' is now within your reach. No matter who you are, i4 will help you discover how others perceive you so you can expand your potential.*

Since the study of leadership began several decades ago, different models have been used to assist people in organisations focus on improving their leadership capabilities. The i4 Neuroleader™ Model is a simple and easy framework created for people who want to optimise their brain, enhance their well-being and self-awareness and develop themselves as individuals and leaders to adapt to our changing world.

This 128-item questionnaire is a neurobiology-based feedback tool that helps you quantify how you are tracking in the competencies of performance, collaboration, innovation and agility, as well as 16 corresponding pillars or abilities of equal importance. Amongst them there are 4 abilities that start with the letter 'i', hence the name i4 Neuroleader™.

The concepts that support the i4 Neuroleader™ Model & Methodology are based on the latest findings from the fields of neuroscience, gut health, sleep, meditation, body movement, the neuroscience of play, neurofeedback, mind-brain development, high performance, mindfulness, emotional intelligence, positive psychology, design thinking, strategy, innovation, change management and agile methodologies.



## ABOUT THE i4 NEUROLEADER™ MODEL



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*The i4 Neuroleader™ Model & Methodology is a neurobiology-based set of strategic and practical processes created by leadership expert Silvia Damiano to improve leadership performance, collaboration, innovation and agility for personal and business growth.*

The model considers brain and body processes that have been relegated, and in many cases forgotten, regarding leadership and management practices. Abilities such as inspiration, intuition, imagination and the importance of an integrated brain originated the term 'i4'.

Learning to access these innate abilities can unlock and engage untapped potential in your personal and working life. In our view, the elements of this model are essential for anyone who wants to meet the challenging demands of the new era of work and lead successfully in the future of work.



## COMPETENCY & PILLAR DEFINITIONS

### PERFORMANCE



The optimal level, both mental and physical, that a person is able to achieve when implementing a task.

### COLLABORATION



The attainment of a common goal through the effort of a combined body of people working together.

### INNOVATION



The generation of new ideas, the tenacity to bring the best ones to life and the wisdom to know how to enthuse others to support them.

### AGILITY



The capacity to read changing conditions in one's environment and the ability to rapidly adjust to them.



### INTEGRATION

The effective functioning of the various components of the brain and body that result in a healthy system.



### INSPIRATION

The energy, enthusiasm and desire to act, as a result of feeling mentally and emotionally stimulated.



### IMAGINATION

The faculty of mentally forming new concepts, ideas or patterns without involving the senses.



### INTUITION

The ability to know something without the involvement of conscious reasoning.



### BALANCE

A series of actions and attitudes that may help a person keep the brain performing at its best.



### COMMUNICATION

A well-developed set of abilities to impart information or exchange thoughts, ideas and feelings with others.



### DRIVE

Having the strength and perseverance to pursue the actions required in order to attain a desired goal.



### AWARENESS

The ability to perceive and become conscious of one's inner world, while also noticing what takes place in our external environment.



### ETHICS

The set of moral values and principles that guide a person's actions and enable them to differentiate between right and wrong.



### GENEROSITY

The kind disposition and altruistic manner that a person displays when dealing and interacting with others.



### CURIOSITY

The thirst for knowing and the desire to explore and learn.



### INFLUENCE

A person's capacity to have an effect on other people or situations.



### MENTAL READINESS

The ability that people have in creating a balanced psychological state.



### COURAGE

The ability of a person to face difficult circumstances despite being fearful.



### ATTITUDE

The willingness to embrace doing things differently and a positive disposition towards experimentation.



### ADAPTABILITY

The ability to adjust effectively to changes in one's environment.



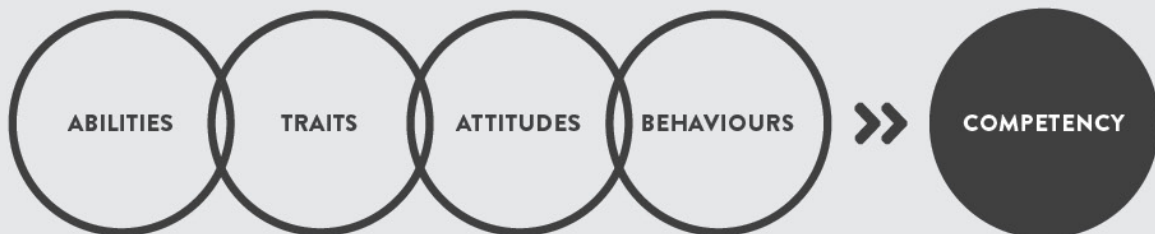


## WHAT ARE WE MEASURING?

*The i4 Neuroleader™ Assessment is a competency-based instrument designed to evaluate a range of abilities, traits, attitudes, and behaviours, which can be self-assessed and observed by others. Unlike traditional assessments, it refrains from confining individuals to predefined categories or limiting their identity.*

Each assessment serves a distinct purpose and should be applied within its intended context. When working with personality theory, for instance, a specific questionnaire is utilized, distinct from the one employed to assess thinking or behavioural styles. The focus of this assessment, however, lies in evaluating competencies.

The assessment is tailored to evaluate and foster mindsets and attitudes conducive to meaningful organizational growth and development. It focuses on key competencies essential for navigating the present and future landscape of work, including Performance, Collaboration, Innovation, and Agility. By leveraging this tool, individuals can proactively enhance their capabilities and adapt to evolving workplace demands.



## WHY USE A 360° FEEDBACK PROCESS?

*Undertaking 360° feedback is essential for holistic personal and professional growth. This feedback mechanism gathers insights from various stakeholders, offering a comprehensive view of an individual's strengths and areas for improvement.*

By receiving input from diverse sources, individuals can enhance their self-awareness, identifying blind spots and aligning their self-perception with reality. This heightened self-awareness facilitates targeted efforts to improve performance and interpersonal skills, fostering continuous development.

Moreover, 360° feedback promotes accountability and ownership of one's development. Involving multiple stakeholders encourages individuals to take feedback seriously, motivating them to enact positive changes. The inclusion of family and friends underscores the significance of personal relationships in leadership effectiveness and overall well-being.

Through the 360° feedback process, individuals gain insights into their perceived strengths, limitations, and blind spots, enabling them to pinpoint areas requiring change for enhanced leadership effectiveness and well-being. Practical strategies and guidance are provided to facilitate immediate action and cultivate the competencies outlined in the i4 Neuroleader™ Model.





## HOW DO I DEVELOP MY SKILLS AFTER MEASUREMENT?



*The i4 Neuroleader™ Assessment offers a range of resources designed to help you strengthen the skills highlighted in your report.*

### EXPANDED ARTICLES

To learn more about each concept, click on any of the 128 items in the report tables. Each link leads to a publicly available articles that include full explanations and self-paced coaching questions. We also have an extensive blog categorised under the 4 competencies and 16 pillars.

### CONVERSATION PROMPT CARD GAME

The 128 items in this report have been adapted into question prompts, making it easier to apply the concepts in daily interactions, whether at work, at home or in personal relationships.

### ➔ Heart 2 Heart Conversations Prompt Cards (Purchase here)

### SELF-PACED ONLINE COURSE & EBOOKS

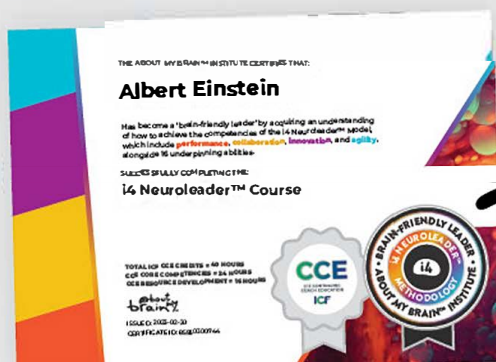
The 360° assessment includes access to the i4 Neuroleader™ Course, a comprehensive 40-hour self-paced online program for those who want to delve deeper into the subject matter. You will be able to enjoy our video lessons, an interactive workbook with 192 tips, numerous downloadable PDF worksheets and 3 x eBooks related to the concepts of the i4 Neuroleader™ Model:

- ➔ Leadership is Upside Down: The i4 Neuroleader™ Revolution (Purchase Paperback here)
- ➔ Brain-Friendly Leadership: The 9 Habits Of A Future Fit Mind (Purchase Paperback here)
- ➔ The i4 Neuroleader™ Compendium: A Guide To The 128 Items (Purchase Paperback here)

Additionally, you will gain access to the expanded interviews from the acclaimed Make Me A Leader Documentary, winner of eight awards. This course has been designed to help you explore your results and further develop your leadership skills. Upon finalising all the lessons, a certificate of completion with 40-hours of International Coaching Federation Continuing Coaching Education points (ICF CCE) will be awarded as well as a 'Brain-Friendly Leader' Stamp.

Access to these resources should have been provided upon receiving the questionnaire invitation. If you have not received access, please reach out to us at [support@aboutmybrain.com](mailto:support@aboutmybrain.com).

Login here: [learn.aboutmybrain.com](https://learn.aboutmybrain.com)



COMPLETE THE  
COURSE TO GET  
YOUR STAMP &  
CERTIFICATE





## PROGRESS REPORT

We suggest remeasuring yourself after incorporating suggested strategies from the self-paced i4 Neuroleader™ Course, the books or after undertaking some coaching. Allow a period of 6 to 12 months to elapse before reassessment. You can buy another assessment on our website or request a re-measurement from the i4 Neuroleader™ Practitioner overseeing your project. When you purchase another assessment you will see the progress of your results (iteration 1 denotes the initial assessment conducted, with subsequent numbers representing subsequent assessments).



## VALIDITY OF THE ASSESSMENT

The reliability of the instrument was established by statistically examining the internal consistency of the items (questions) that constitute each of the competencies. For this purpose, we used Cronbach's Coefficient Alpha. An initial confirmatory factor analysis was used to examine the clustering of the instrument items (questions) with the associated (hypothesised) competency domains. The benchmarking norms are updated on a frequent basis.

To review our full article on the tool's construction visit: [support.aboutmybrain.com/validity](https://support.aboutmybrain.com/validity)



## ADDITIONAL INFORMATION

Embarking on a leadership journey is an extraordinary opportunity! Aim to manage your emotional reactions when going through the report. It is common that people experience a range of emotions if the results are different from what they expected. The best way to deal with this is to focus on the big picture, major themes and the possible actions you can undertake.

In the case of the feedback that emerges from the 360° Assessment, be aware that the results may be different to how you see yourself. Keep in mind that perception is 'reality' for the other people and their feedback is based on their interactions, impressions and experiences of you. View the feedback in a positive manner and understand that the person who completed the questionnaire has your best interests at heart.

This assessment does not measure your intelligence nor your suitability in your current professional role. The assessment is only for developmental purposes. The results usually reflect how you viewed yourself at the time of completing the questionnaire. This perception can be influenced by how you were feeling at the time, your level of concentration and willingness to self-disclose.

The i4 Neuroleader™ Report is confidential and only you and the i4 Neuroleader™ Practitioner managing the assessment process have access to your results. The About my Brain Institute keeps a digital copy in its archives to be retrieved if you ask us to do so and for statistical purposes. No part of this content may be reproduced or transmitted in any form or by any means without prior written permission from the About my Brain Institute. All information included in the assessment questionnaire and report are copyright and are not available for revision at any time.

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## ABOUT THE SCORING SYSTEM

*This report displays your results across the 4 competencies and 16 pillars of the i4 Neuroleader™ Model. The graphs will provide you with an indication of how you see yourself (Self Score), as well as the 360° feedback component, which is how you are perceived by others (Raters' Score).*

You will also see your position in comparison to the benchmark which displays the average scores from all the respondents who have completed the self and 360° feedback of the i4 Neuroleader™ Assessment across a variety of industries, positions, gender, age and countries. Finally, while the report is user-friendly and the scoring system is explained below, you can delve deeper into understanding it by referring to our FAQs.

To view this guide visit: [support.aboutmybrain.com/debrief-guide](https://support.aboutmybrain.com/debrief-guide)

### WHAT DO THE PERCENTAGE SCORES MEAN?

The scale below shows the frequency of display. The closer you are to 100%, the more likely you are utilising and displaying the abilities, traits, attitudes and behaviours that make up each competency and pillar of the i4 Neuroleader™ Model.



### HOW ALIGNED ARE YOU?

To evaluate the gap between 'self' & 'raters', count the point difference in the percentage scores. The scale below indicates the significance:



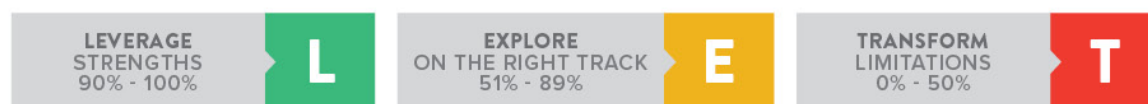
### HOW DO I COMPARE TO THE BENCHMARK?

To gauge your performance relative to the global population, the shaded bars within the benchmark boxes represent the average scores attained by all other participants who have taken the i4 Neuroleader Assessment.



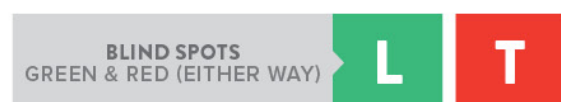
### WHAT DOES THE 'LET' TRAFFIC LIGHT SCORING SYSTEM MEAN?

The colours assigned to each item are based on the % scores:



### DO YOU HAVE BLIND SPOTS?

Green & Red (either way) mean that there is a difference in perception:



### DO YOU HAVE MATCHING STRENGTHS?

Two greens mean that your top scores are highly aligned:





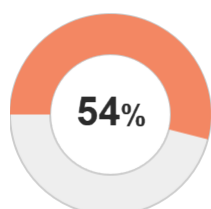


## RESULTS OVERVIEW

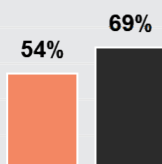


### PERFORMANCE

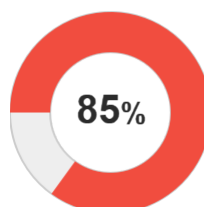
SELF SCORE



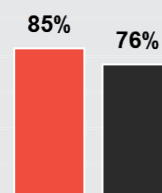
SELF BENCHMARK



RATERS' SCORE

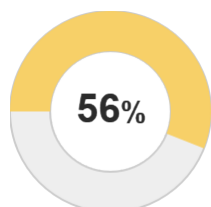


RATERS' BENCHMARK

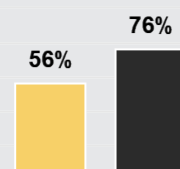


### COLLABORATION

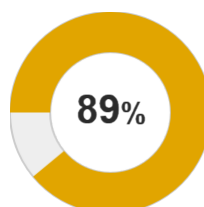
SELF SCORE



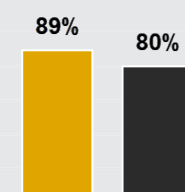
SELF BENCHMARK



RATERS' SCORE

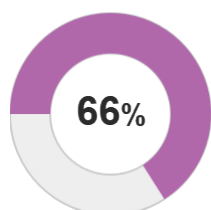


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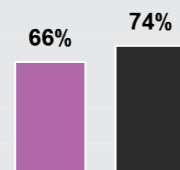


### INNOVATION

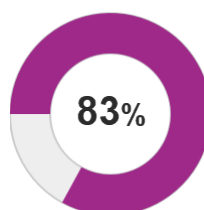
SELF SCORE



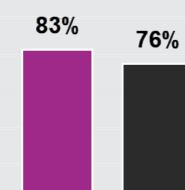
SELF BENCHMARK



RATERS' SCORE

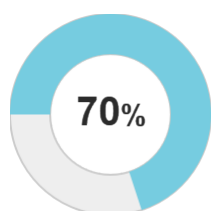


RATERS' BENCHMARK

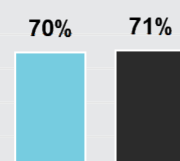


### AGILITY

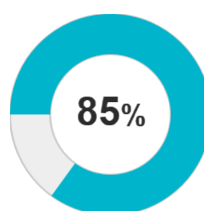
SELF SCORE



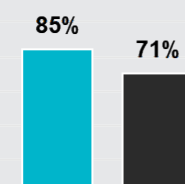
SELF BENCHMARK



RATERS' SCORE



RATERS' BENCHMARK





## PROGRESS RESULTS OVERVIEW



### PERFORMANCE

#### SELF SCORE OVERTIME

Iteration 1 54%

#### RATERS' SCORE OVERTIME

Iteration 1 85%



### COLLABORATION

#### SELF SCORE OVERTIME

Iteration 1 56%

#### RATERS' SCORE OVERTIME

Iteration 1 89%



### INNOVATION

#### SELF SCORE OVERTIME

Iteration 1 66%

#### RATERS' SCORE OVERTIME

Iteration 1 83%



### AGILITY

#### SELF SCORE OVERTIME

Iteration 1 70%

#### RATERS' SCORE OVERTIME

Iteration 1 85%



*When our brains function well,  
we have the power to tell stories  
and the intelligence to discern  
which stories are to be believed.*

~

**SILVIA DAMIANO**





# PERFORMANCE RESULTS

*Performance refers to the optimal level, both mental and physical, that a person is able to achieve when implementing a task.*

Achieving optimal performance depends on how well your brain-mind-body system is functioning, the time and dedication you devote to mentally preparing for a task (particularly when it is challenging); how you regulate and balance your daily activities and how congruent and aligned you are in terms of your values and moral reasoning.

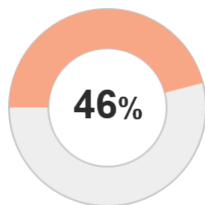
## INTEGRATION



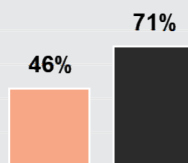
*Integration refers to the effective functioning of the various components of the brain and body that result in a healthy system.*

An integrated system may be evident in a person who is mostly calm but also alert, mindful, energised and pleasant to deal with.

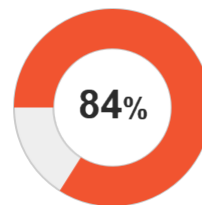
### SELF SCORE



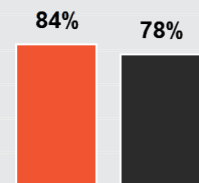
### SELF BENCHMARK



### RATERS' SCORE

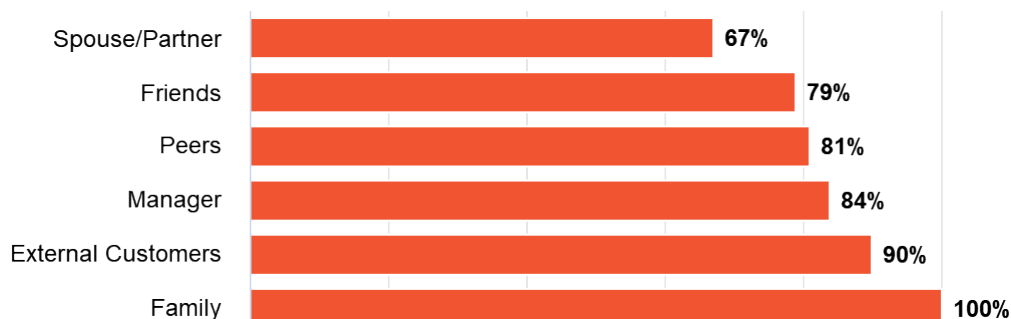


### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## INTEGRATION

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
1	Is full of energy and vitality.	E	E						
2	Is able to ignore distractions when I need to focus.	T	E						
3	Has an excellent memory.	T	E						
4	Can control my impulses and reactions well.	E	E						
5	Under pressure, is able to pause and assess the situation, rather than making a decision on the fly.	L	L						
6	Thinks fast.	T	E						
7	When working, is mostly calm rather than tense.	T	E						
8	Is caring and compassionate.	T	L						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/integration](https://aboutmybrain.com/blog/topic/integration)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





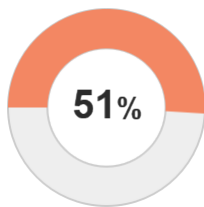
## BALANCE



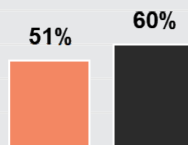
*Balance refers to a series of actions and attitudes that may help a person keep the brain performing at its best.*

The brain and body's homoeostatic (balanced) state is better managed when individuals assign the time and attention to a series of actions that can assist them in dealing with tough situations without affecting their performance & well-being.

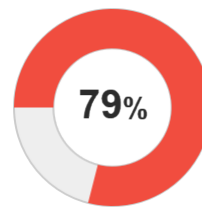
### SELF SCORE



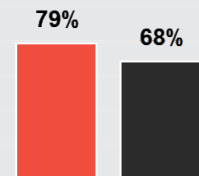
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## BALANCE

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS					
9	Has good social connections that are supportive, both inside and outside of work.	T	E					
10	Takes time to simply relax and 'do nothing', even through busy periods.	T	E					
11	Sets time aside to reflect on my feelings, thoughts and goals.	E	E					
12	Has a positive attitude towards my health and pays attention to my nutrition.	E	E					
13	Ensures I take a few minutes to play and have fun to keep me balanced, rather than completing one more task.	T	T					
14	Is well rested.	T	E					
15	Takes care of my body and physical condition.	L	E					
16	Is resilient and strong.	L	L					
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)	L	T	

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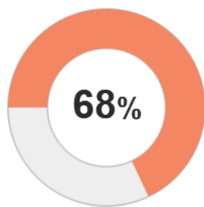
## ETHICS



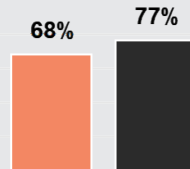
*Ethics refers to the set of moral values and principles that guide a person's actions and enable them to differentiate between right and wrong.*

The act of reflecting and finding congruence among one's own values, emotions, thoughts and actions has a direct impact on people's display of their ethical standards and consequently their leadership effectiveness.

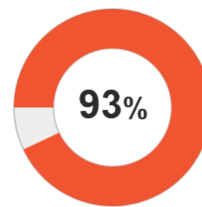
### SELF SCORE



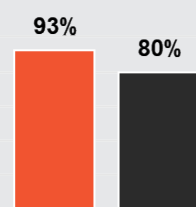
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*



**ETHICS****STRENGTHS & LIMITATIONS**

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
17	Is prepared to stand by my values if I consider a situation to be unethical.	L	E						
18	Takes responsibility for my own actions, even when things go wrong.	E	E						
19	Is known as someone who has good judgment and common sense.	E	E						
20	Can usually decide what the right thing to do is.	T	E						
21	Is more measured than addictive.	L	L						
22	Is conscientious.	T	L						
23	Takes the time to think about principles and values, rather than just focusing on maximising efficiencies.	T	L						
24	Is congruent between values and behaviours.	L	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/ethics](https://aboutmybrain.com/blog/topic/ethics)



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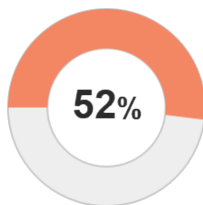
## MENTAL READINESS



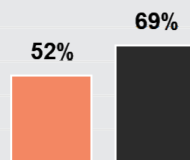
*Mental Readiness refers to the ability that people have in creating a balanced psychological state.*

People who are mentally ready have mastered the capacity to focus, self-manage and maintain a healthy degree of internal discipline, which provides them with the confidence and ability to fully enjoy the challenge or task ahead.

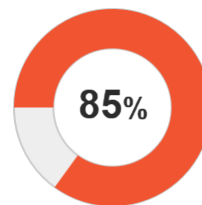
### SELF SCORE



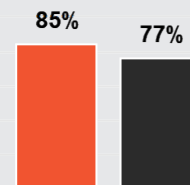
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## MENTAL READINESS

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
25	Can manage any feelings of anxiety, even when I do not feel supported in what I am doing.	T	E						
26	Finds it easy to visualise possible scenarios and come up with a strategy.	E	E						
27	Feels confident about myself and my abilities.	E	E						
28	Can easily concentrate on what I am doing.	T	E						
29	Can quickly change my emotional state from feeling upset to being centred.	L	E						
30	Is disciplined.	T	E						
31	Is good at planning ahead.	T	E						
32	Uses more positive than negative words when I speak to myself or to others.	T	L						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/mental-readiness](https://aboutmybrain.com/blog/topic/mental-readiness)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





## PERFORMANCE

## PROGRESS RESULTS OVERVIEW



### INTEGRATION

#### SELF SCORE OVERTIME

Iteration 1  46%

#### RATERS' SCORE OVERTIME

Iteration 1  84%



### BALANCE

#### SELF SCORE OVERTIME

Iteration 1  51%

#### RATERS' SCORE OVERTIME

Iteration 1  79%



### ETHICS

#### SELF SCORE OVERTIME

Iteration 1  68%

#### RATERS' SCORE OVERTIME

Iteration 1  93



### MENTAL READINESS

#### SELF SCORE OVERTIME

Iteration 1  52%

#### RATERS' SCORE OVERTIME

Iteration 1  85%



*Take a few moments to reflect on your Performance results and respond to the questions below.*

Remember to access the i4 Neuroleader™ Course for more activities, reflections and tips on how to develop performance and the pillars of integration, balance, ethics and mental readiness.

Explore the articles on our blog: [aboutmybrain.com/blog/topic/performance](https://aboutmybrain.com/blog/topic/performance)



*Am I satisfied with my Performance scores? Mark your answer below:*

**YES, I AM**



**NO, I AM NOT**



*What are some of my initial thoughts and reactions in regards to my scores?*

**NOTES**







*Individually, we are one drop.  
Together, we are an ocean.*

~

**RYUNOSUKE SATORO**



## COLLABORATION RESULTS

*Collaboration refers to the attainment of a common goal through the effort of a combined body of people working together.*

True collaboration starts with one's own desire to share and inspire others toward the achievement of an ideal that can turn into a concrete outcome. Communicating openly and having the courage to overcome conflict are as important as being generous with knowledge, resources and time.

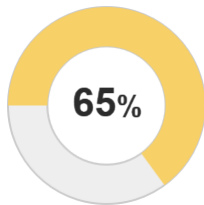
## INSPIRATION



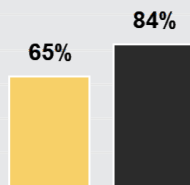
*Inspiration refers to the energy, enthusiasm and desire to act, as a result of feeling mentally and emotionally stimulated.*

Being able to inspire and motivate oneself translates into inspiring and enthusing others. People are more likely to share and encourage others to work with them when inspiration is the underlying motivation.

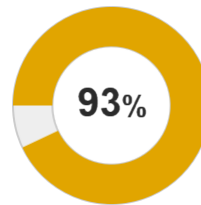
### SELF SCORE



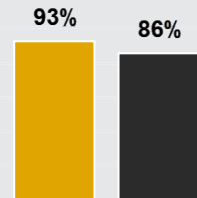
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## INSPIRATION

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS					
33	Is known to be trustworthy.	E	E					
34	Cares about people and invests time into developing good relationships.	E	E					
35	Is able to create enthusiasm in others with my vision.	E	E					
36	Likes to support people in their achievements, without feeling jealous or envious.	T	E					
37	Enjoys praising others for their ideas and efforts.	L	E					
38	Is humble.	T	L					
39	Is internally motivated and passionate.	T	E					
40	Has inner joy, happiness and a good spirit.	L	L					
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)	L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/inspiration](https://aboutmybrain.com/blog/topic/inspiration)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

### NOTES





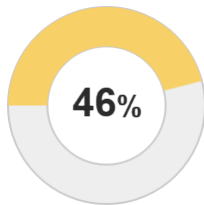
## COMMUNICATION



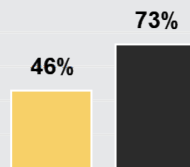
*Communication is a well-developed set of abilities to impart information or exchange thoughts, ideas and feelings with others.*

A clear articulation of what is needed and the ability to actively listen to the wishes of other people are the foundational steps for connecting and engaging with others.

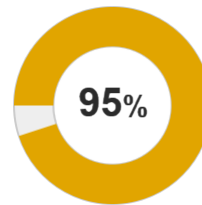
### SELF SCORE



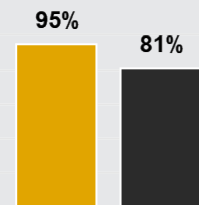
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## COMMUNICATION

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
41	Finds it easy to read others' facial expressions and body language.	E	E						
42	Can clearly articulate my thoughts and express how I feel.	E	E						
43	Is a very good listener and quickly understands what people say and how they feel about what they say.	E	E						
44	Is patient with others when they want to talk to me.	T	E						
45	Keeps the message concise rather than derailing from what I want to say.	T	L						
46	Is assured and certain.	T	E						
47	Is more attentive than interruptive in conversations.	T	L						
48	Is able to make the complex simple.	T	L						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/communication](https://aboutmybrain.com/blog/topic/communication)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES



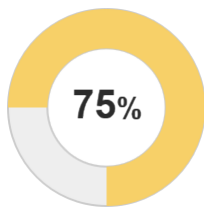
## GENEROSITY



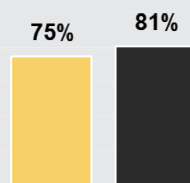
*Generosity refers to the kind disposition and altruistic manner that a person displays when dealing and interacting with others.*

When people learn to think beyond themselves and are able to develop a generous approach towards those around them, a sense of collective energy is generated. This translates into the willingness to contribute to the 'cause', whatever this might be.

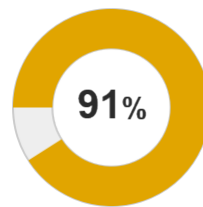
### SELF SCORE



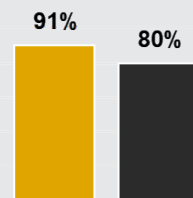
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## GENEROSITY

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
49	Has a generous spirit.	L	E						
50	Pays for things or provides resources to others without hesitation.	T	E						
51	Frequently offers my assistance to others without seeking anything in return.	E	E						
52	Focuses on my needs as well as the needs of those around me.	T	E						
53	Ensures that people and their ideas are visible to others.	L	L						
54	Is fair.	L	L						
55	Prefers a win/win approach rather than competing with others.	L	E						
56	Thinks beyond myself.	T	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/generosity](https://aboutmybrain.com/blog/topic/generosity)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

### NOTES





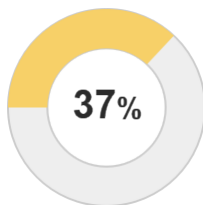
## COURAGE



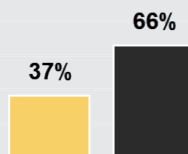
*Courage refers to the ability of a person to face difficult circumstances despite being fearful.*

This includes the fortitude to say what needs to be said in an appropriate and timely manner and the wisdom to know when to accept what cannot be changed.

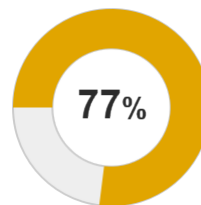
### SELF SCORE



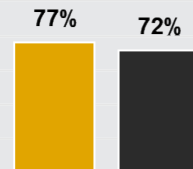
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## COURAGE

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS					
57	Quickly redirects my efforts if something is not working rather than wasting time dwelling on the negatives.	E	E					
58	Is always willing to try new things, without being 100% certain of the outcome.	E	E					
59	Accepts failure as a necessary step towards success.	T	E					
60	Is direct and honest when dissatisfied with a situation.	T	E					
61	Is more likely to tackle difficult issues and make the appropriate decisions rather than withdrawing from them.	T	L					
62	Is daring, gutsy.	T	T					
63	Faces my fears rather than being paralysed by them.	T	E					
64	Knows when to accept and let things go.	T	E					
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)	L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/courage](https://aboutmybrain.com/blog/topic/courage)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





## COLLABORATION

## PROGRESS RESULTS OVERVIEW



### INSPIRATION

#### SELF SCORE OVERTIME

Iteration 1  65%

#### RATERS' SCORE OVERTIME

Iteration 1  93%



### COMMUNICATION

#### SELF SCORE OVERTIME

Iteration 1  46%

#### RATERS' SCORE OVERTIME

Iteration 1  95%



### GENEROSITY

#### SELF SCORE OVERTIME

Iteration 1  75%


#### RATERS' SCORE OVERTIME

Iteration 1  91%



### COURAGE

#### SELF SCORE OVERTIME

Iteration 1  37%

#### RATERS' SCORE OVERTIME

Iteration 1  77%



*Take a few moments to reflect on your Collaboration results and respond to the questions below.*

The i4 Neuroleader™ Course and books contain activities, reflections and tips on how to develop performance and the pillars of inspiration, communication, generosity and courage.

Explore the articles on our blog: [aboutmybrain.com/blog/topic/collaboration](https://aboutmybrain.com/blog/topic/collaboration)



*Am I satisfied with my Collaboration scores? Mark your answer below:*

**YES, I AM**



**NO, I AM NOT**



*What are some of my initial thoughts and reactions in regards to my scores?*

NOTES





*If you want something new,  
you have to stop doing  
something old.*

~

**PETER DRUCKER**





## INNOVATION RESULTS

*Innovation refers to the generation of new ideas,  
the tenacity to bring the best ones to life  
and the wisdom to know how to enthuse  
others to support them.*

Innovation involves expanding our mind and the understanding of how to draw on our own and others' innate ability to imagine.

Implementing innovations at team and organisational levels also requires the vision and the stamina to move ahead without getting discouraged while juggling other short-term priorities.

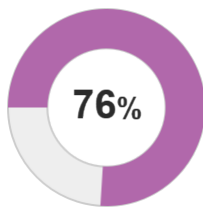
## IMAGINATION



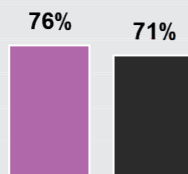
*Imagination is the faculty of mentally forming new concepts, ideas or patterns without involving the senses.*

Imaginative people take the time to reach into the depth of their stored knowledge, assemble the pieces of information in new ways, examine the various combinations and imagine or visualise how they will play out in new conditions.

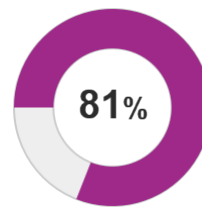
### SELF SCORE



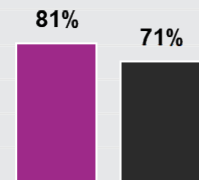
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## IMAGINATION

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
65	Can easily think of many ideas and enjoys bringing some of them to life.	E	E						
66	Considers daydreaming as an effective way to find productive solutions.	E	E						
67	Is very good at connecting different concepts and seeing patterns.	E	E						
68	Values imagination and devotes time to exercise it.	T	E						
69	Tends to ask “what if” rather than saying “it can't be done”.	L	L						
70	Is original.	L	E						
71	Enjoys thinking of possibilities.	T	T						
72	Enjoys problem-solving.	L	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/imagination](https://aboutmybrain.com/blog/topic/imagination)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES



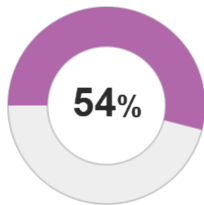
## DRIVE



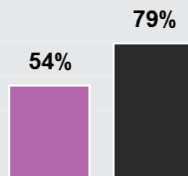
*Drive refers to having the strength and perseverance to pursue the actions required in order to attain a desired goal.*

In combination with hard work, creativity and optimism, drive is an essential ingredient to convert ideas into reality.

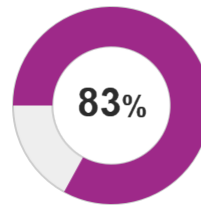
### SELF SCORE



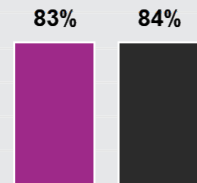
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## DRIVE

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
73	Works hard to push through an idea or initiative, even when others resist it.	E	T						
74	Faces adversity without feeling like giving up.	T	E						
75	Is prepared to challenge conventional ways of thinking.	L	E						
76	Strives to make things happen one way or another.	E	E						
77	Does what needs to be done, even when I don't feel like it.	T	L						
78	Is determined.	T	L						
79	Aims for things rather than going around in circles.	T	E						
80	Is optimistic.	L	L						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/drive](https://aboutmybrain.com/blog/topic/drive)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





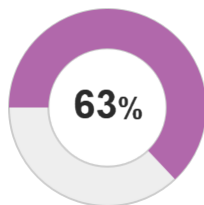
## CURIOSITY



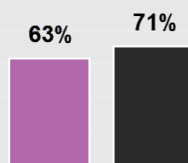
*Curiosity refers to the thirst for knowing and the desire to explore and learn.*

An eager and open mind can help a person see alternative options that are invisible to the eyes of others, to improve what currently exists.

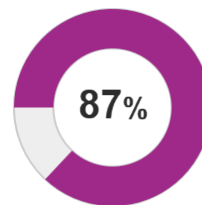
### SELF SCORE



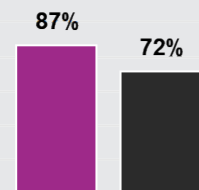
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## CURIOSITY

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
81	Is always looking out for new experiences, rather than sticking to a routine.	E	E						
82	Enjoys having conversations with others who are very different to me.	E	E						
83	Is always keen to learn new things.	E	E						
84	Has an inquisitive mind.	E	E						
85	Is more likely to push boundaries rather than waiting to be guided.	T	E						
86	Is open to the unknown.	L	E						
87	Likes to seek alternative options.	T	E						
88	Asks more than tells.	T	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/curiosity](https://aboutmybrain.com/blog/topic/curiosity)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES



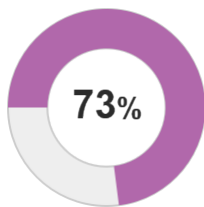
## ATTITUDE



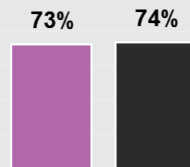
*Attitude refers to the willingness to embrace doing things differently and a positive disposition towards experimentation.*

Being proactive and expecting the best outcomes while embracing change are the foundation stones that allow an innovative mindset to emerge.

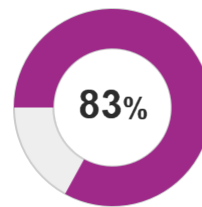
### SELF SCORE



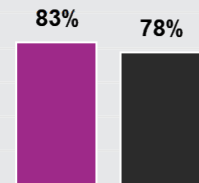
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## ATTITUDE

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
89	Is flexible and doesn't get fixated on a particular idea.	E	E						
90	Likes to be around positive people who can think of solutions.	L	E						
91	Enjoys being different.	L	E						
92	Avoids judging or blaming others when things do not turn out as expected.	T	E						
93	Prefers to have the freedom to act rather than spending time worrying about what others may think of me.	L	L						
94	Embraces change.	T	E						
95	Is more proactive than laid back.	T	E						
96	Expects to achieve.	L	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/attitude](https://aboutmybrain.com/blog/topic/attitude)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





## INNOVATION

## PROGRESS RESULTS OVERVIEW



### IMAGINATION

#### SELF SCORE OVERTIME

Iteration 1  76%

#### RATERS' SCORE OVERTIME

Iteration 1  81%



### DRIVE

#### SELF SCORE OVERTIME

Iteration 1  54%

#### RATERS' SCORE OVERTIME

Iteration 1  83%



### CURIOSITY

#### SELF SCORE OVERTIME

Iteration 1  63%

#### RATERS' SCORE OVERTIME

Iteration 1  87%



### ATTITUDE

#### SELF SCORE OVERTIME

Iteration 1  73%

#### RATERS' SCORE OVERTIME

Iteration 1  83%



*Take a few moments to reflect on your Innovation results and respond to the questions below.*

The i4 Neuroleader™ Course and books contain activities, reflections and tips on how to develop performance and the pillars of imagination, drive, curiosity and attitude.

Explore the articles on our blog: [aboutmybrain.com/blog/topic/innovation](https://aboutmybrain.com/blog/topic/innovation)



*Am I satisfied with my Innovation scores? Mark your answer below:*

**YES, I AM**



**NO, I AM NOT**



*What are some of my initial thoughts and reactions in regards to my scores?*

**NOTES**







*It is through science that  
we prove, but through  
intuition that we discover.*

~

**HENRI POINCARÉ**



## AGILITY RESULTS

*Agility refers to the capacity to read changing conditions in one's environment and the ability to rapidly adjust to them.*

Leadership agility refers to the good use we make of our intuitive abilities, the awareness of self and our capacity to observe and reflect. Agility is also linked to how well we can influence others to navigate complex and uncertain environments and our degree of adaptation to new conditions.

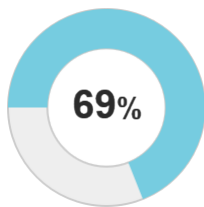
## INTUITION



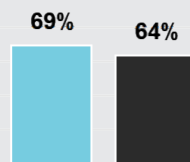
*Intuition refers to the ability to know something without the involvement of conscious reasoning.*

As we learn new pieces of information, we start to recognise patterns and if this happens regularly, these bits of data become organised into blocks of knowledge, which are stored in our long-term memory.

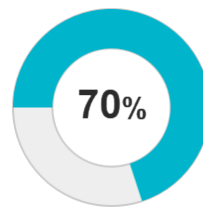
### SELF SCORE



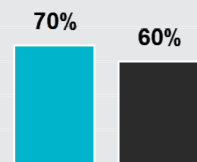
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## INTUITION

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
97	Finds heartfelt decisions to be appropriate and effective, even in business.	T	E						
98	Responds quickly to situations by tapping into my intuition.	E	E						
99	Can make sense of what is needed without having to look through all the facts.	T	T						
100	Takes my hunches into account when making decisions, not just what seems reasonable.	E	E						
101	Is able to capture what people want in most situations.	L	L						
102	Is spontaneous.	L	T						
103	Tends to have correct gut feelings when it comes to assessing a situation.	T	E						
104	Knows when to trust.	L	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/intuition](https://aboutmybrain.com/blog/topic/intuition)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES



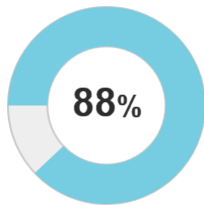
## AWARENESS



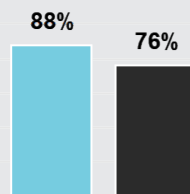
*Awareness refers to the ability to perceive and become conscious of one's inner world, while also noticing what takes place in our external environment.*

Developing mindfulness, which includes learning to pay attention, observe and understand the impact of our reactions, strengths and weaknesses, can significantly influence the way we respond to others.

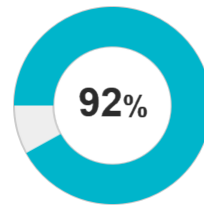
### SELF SCORE



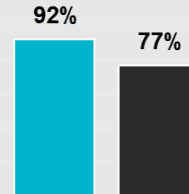
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## AWARENESS

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS
<b>105</b>	Observes the effect of my actions on others.	<b>E</b>	<b>E</b>
<b>106</b>	Pays attention to peoples' opinions and desires instead of pushing my own agenda.	<b>E</b>	<b>E</b>
<b>107</b>	Knows my own strengths and limitations.	<b>E</b>	<b>E</b>
<b>108</b>	Asks for feedback regularly to help me reflect on my behaviours and decisions.	<b>E</b>	<b>E</b>
<b>109</b>	Picks up on other peoples' energies rather than being oblivious to them.	<b>L</b>	<b>L</b>
<b>110</b>	Is mindful.	<b>L</b>	<b>L</b>
<b>111</b>	Notices what is happening around me instead of solely focusing on what's in front of me.	<b>L</b>	<b>E</b>
<b>112</b>	Knows what makes people tick.	<b>L</b>	<b>L</b>
MATCHING STRENGTHS TWO GREENS TOGETHER <div> <div>L</div> <div>L</div> <div></div> </div>		BLIND SPOTS GREEN & RED (EITHER WAY) <div> <div>L</div> <div>T</div> <div></div> </div>	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/awareness](https://aboutmybrain.com/blog/topic/awareness)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





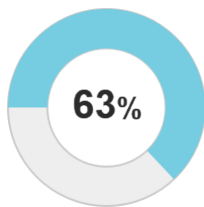
## INFLUENCE



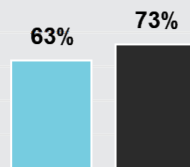
*Influence refers to a person's capacity to have an effect on other people or situations.*

Successfully guiding others towards a goal or vision requires a set of well-developed skills along with respect, passion and conviction.

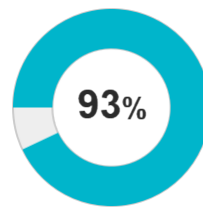
### SELF SCORE



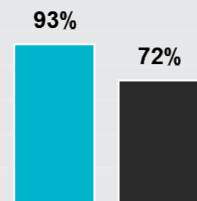
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## INFLUENCE

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
113	Is thoughtful and respectful towards others.	T	E						
114	Enjoys building confidence in others and making them feel good about their contributions.	L	E						
115	Is good at setting priorities.	T	E						
116	Asks others what they want first, instead of only talking about what I want.	E	E						
117	Backs up others' ideas rather than telling them why they will not work.	L	L						
118	Is eloquent and expressive.	T	E						
119	Speaks convincingly rather than sounding hesitant.	T	E						
120	Influences others with my personal power.	L	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/influence](https://aboutmybrain.com/blog/topic/influence)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES



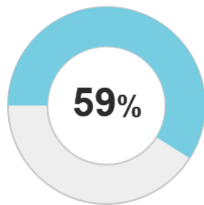
## ADAPTABILITY



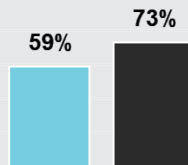
*Adaptability refers to the ability to adjust effectively to changes in one's environment.*

Successfully guiding others towards a goal or vision requires a set of well-developed skills along with respect, passion and conviction.

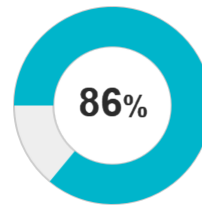
### SELF SCORE



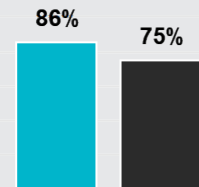
### SELF BENCHMARK



### RATERS' SCORE



### RATERS' BENCHMARK



### SCORES BY RATER CATEGORY

*The percentages below show the average scores from all the Raters who have responded, arranged according to the categories you selected during the invitation process.*





## ADAPTABILITY

## STRENGTHS & LIMITATIONS

ITEM NO.	I AM A PERSON WHO...	SELF	RATERS						
121	Feels capable of dealing with situations that are uncertain or ambiguous.	T	E						
122	Listens to and can handle other peoples' opinions when they differ from mine without feeling defensive.	E	E						
123	Adapts rapidly to new environments.	E	E						
124	Deals with complex issues without feeling overwhelmed.	E	E						
125	Likes to challenge my own perspective on things, rather than sticking solely to one point of view.	T	L						
126	Is tolerant and accepting.	L	L						
127	Is more versatile than inflexible.	T	E						
128	Can self-correct the course of my actions.	L	E						
MATCHING STRENGTHS TWO GREENS TOGETHER		L	L		BLIND SPOTS GREEN & RED (EITHER WAY)		L	T	

Explore the articles on our blog: [aboutmybrain.com/blog/topic/adaptability](https://aboutmybrain.com/blog/topic/adaptability)



Click on any item in the table above to access a detailed article & gain deeper insights into the topic!

NOTES





## AGILITY

## PROGRESS RESULTS OVERVIEW



### INTUITION

#### SELF SCORE OVERTIME

Iteration 1  69%

#### RATERS' SCORE OVERTIME

Iteration 1  70%



### AWARENESS

#### SELF SCORE OVERTIME

Iteration 1  88%

#### RATERS' SCORE OVERTIME

Iteration 1  92%



### INFLUENCE

#### SELF SCORE OVERTIME

Iteration 1  63%

#### RATERS' SCORE OVERTIME

Iteration 1  93%



### ADAPTABILITY

#### SELF SCORE OVERTIME

Iteration 1  59%

#### RATERS' SCORE OVERTIME

Iteration 1  86%



*Take a few moments to reflect on your Agility results and respond to the questions below.*

Remember to access the i4 Neuroleader™ Course for more activities, reflections and tips on how to develop agility and the pillars of intuition, awareness, influence and adaptability.

Explore the articles on our blog: [aboutmybrain.com/blog/topic/agility](https://aboutmybrain.com/blog/topic/agility)



*Am I satisfied with my Agility scores? Mark your answer below:*

**YES, I AM**



**NO, I AM NOT**



*What are some of my initial thoughts and reactions in regards to my scores?*

**NOTES**





### HEART 2 HEART CONVERSATIONS

THE i4 NEUROLEADER™ GAME



*The 'Heart 2 Heart Conversations' Prompt Cards have been designed to inspire meaningful conversations between family members, friends, work colleagues, couples and even those who are dating!*

Our Prompt Card Decks are based on the i4 Neuroleader™ Model & Assessment, leading players on a journey through the 128 items explored in this report and the sixteen key areas of personal growth: brain and body integration, balance, ethics, mental readiness, inspiration, communication, courage, generosity, imagination, drive, attitude, curiosity, intuition, awareness, influence, and adaptability.

We have found that after participants complete the assessment process and receive their results, they often wish to engage in further conversations with family, friends, a spouse, or colleagues to explore the themes and insights gained. These decks provide an opportunity to do so in a fun and interactive way, ensuring that everyone can benefit from the process.

The decks can be used independently to develop the competencies of the i4 Neuroleader™ Model, even if you have not completed the assessment, or as a follow-up activity after reading this report. You can use the cards on your own for reflection and journaling, in a one-on-one discussion with a family member, friend, colleague, or coach, or as part of a group or team activity to socialize the concepts of the model.

The cards offer an engaging and enlightening way to explore various aspects of yourself and others, making them versatile tools for fostering meaningful connections. They also serve as a practical means to apply insights from neuroscience, leadership, and positive psychology, promoting positive change and empowering individuals to reach their full potential.

#### ADDITIONAL RESOURCES & LEARNING:

Each card includes a QR code linking to articles related to the concepts explored in this report. In the 'i4 Neuroleader™ Deck, the first 128 cards are numbered and these correspond to the report items numbered 1 to 128. In our other deck for couples 'The Elephant in the Room' the QR codes direct you to blog sections dedicated to each pillar. These articles are the same ones referenced throughout this report. To maintain the flow of conversation, we recommend placing each drawn card back in your pile during your session, and scanning the QR codes for follow-up learning at the end. This ensures a more focused and uninterrupted discussion with the people around you.

**CLICK HERE TO LEARN MORE AND PURCHASE A DECK!**





**2+ Players**  
**Ages 17+**  
**Friends**  
**Families**  
**Couples**  
**Work Teams**  
 (safe-for-work)



What's inside?

**128 prompt cards to connect heart to heart,**  
**organised into 4 categories and 16 subtopics.**

**PLUS 72 fun icebreakers and 10 blank cards**  
**to create your own prompts!**  
 Total = 200 cards

**A card game backed by an award-winning, neuroscience-based personal leadership & wellbeing training methodology!**





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**BRAIN**

**FRIENDLY**

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