



Theresa's Tips

Career
managers:

Free (or reasonably priced) Assessments
for Career Planning and Self-Awareness

Myers Briggs (Personality):

<https://www.16personalities.com/free-personality-test>

<http://similarminds.com/jung.html>

Career Interests:

<http://www.mynextmove.org/explore/ip>

(O*Net Online – also gives market outlook, salaries, and education requirements)

<https://www.123test.com/career-test/> (career aptitude)

DISC (behavior style):

<https://www.tonyrobbins.com/disc/>

<https://discpersonalitytesting.com/free-disc-test/>

<http://www.proception2.com/questionnaire> (\$\$ write to theresa@highfiveperformance.com for access codes for 15+ page report)



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Values:

https://www.meettheauthorpc.com/uploads/1/2/1/3/121321324/values_exercise_2021.pdf

<http://www.valuescentre.com/pva/>

Strengths:

<https://high5test.com/> (free)

<https://www.gallupstrengthscenter.com/home/en-us/strengthsfinder> (\$\$)

<http://www.friendlypress.com/> (\$)

Emotional Intelligence:

<https://www.psychologytoday.com/us/test/3203>

<https://www.mindtools.com/pages/article/ei-quiz.htm>

<https://www.ihhp.com/free-eq-quiz/>

Johari Window (mini 360 feedback):

<http://kevan.org/johari>

Learning Styles:

<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

<https://www.learning-styles-online.com/inventory/questions.php?cookieset=y>



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The Big Five (Personality)

[https://www.understandmyself.com/personality-assessment.](https://www.understandmyself.com/personality-assessment) (\$)

Left Brain / Right Brain:

<https://www.arealme.com/left-right-brain/en/>

Growth Mindset

<https://wabisabilearning.com/blogs/mindfulness-wellbeing/growth-mindset-quiz>