



Panel: Personality Assessment and Embodiment



Learn from Embodiment consultants about personality assessment and how to use it in the workplace. Explore different personality typing systems and experts using them in self-development. Gain top tips for your own life and self-growth!

Ginny Whitelaw: Helping Teams and workplaces be more successful by seeing the four patterns

- “All personality tests are just coordinate systems.”
- As teams start to understand these qualities they become more effective.
- When given a framework for somatic patterns people have a sense of when to use energy patterns at which time.
- Lengthen your exhale, deepen that breath, and penetrate to the present moment in your own body.

Dylan Newcomb: Using Vowel Sounds to study someone’s state: The Embodiment Intelligence Assessment

- You can **assess someone’s nervous system** moment to moment to measure if they are under activated, balanced, or overactivated.
- As fluid and efficient as possible, skillfully and compassionately, focus, insight and purposefulness.
- Learning basic self-regulation tools is the starting point for personality patterning.
- Notice what feels comfortable and brings you energy vs. what feels you uncomfortable and costs you energy.

Stephane Segatori: Using Myers-Briggs in consulting and group activities

- Someone who is in tune with their feelings has the capacity for empathy.
- Myers-Briggs is a neutral system with 40 years of statistical evidence.
- Focuses on the perception of self and connection with others.
- Playfulness & Joy: notice the moments when you take yourself out of happiness and joy.

Lynn Roulo: Using Kundalini Yoga and Enneagram

- “The Enneagram speaks to motivation... Why are you behaving that way?”
- Strengthen the nervous system through the breath.
- Wants 1 billion people to do the Kundalini Yoga + Enneagram combination.
- The key is in your breath. It flows with you. It’s free. Learn to control and build it. Your entire life will change.



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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