Introducing the model in 3mn52s

- 1 Your hbdi is
  - Showing how we prefer to see the world
  - brain =/= mind
- 2 It is not a test
  - No bad or good answers
  - Competence =/= preferences
- 3 **Presenting the 4 quadrants**
  - give a concrete example for each quadrant
- 4 **4 level of preferences**
  - 1+ : strong preference
  - 1 : prefrence
  - 2: use
  - 3: avoidance
  - 1+ and 3 = clear behaviors
- **interpreting your hbdi step by step**
  - Warming and reframing
  - 3mn 52s
  - Draw your profile as you think it is
  - Draw the profile of
    - Your boss
    - Your job
    - Your friend
    - Others....
  - Reading your HBDI step by step
    - Key words
    - Work elements
    - Hobbyes
    - Intro/extra
  - Developping your profile