

Eliciting the Relaxation Response



Extraversion Learning Style



Outward-turning, action-oriented, enjoys frequent socializing, and are energized after spending time with large groups of people.

Intraversion Learning Style



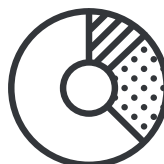
Inward-turning, thought-oriented, enjoys deep and meaningful interactions, and recharges through solitude and personal alone time..

Intuition Learning Style



Likes to think of the bigger picture as a whole - values innovation, creative problem solving, and can easily spot patterns and routines.

Sensing Learning Style



Realistic, focused on facts, relies on common sense and past experiences to formulate practical solutions to bigger issues/problems.

Feeling Learning Style



Sensitive & cooperative, makes decisions based on personal values and how people will be affected by their actions.

Pensive Thinking Learning Style



Make decisions based on logical analysis, they are highly objective, values honesty, consistency and fairness.