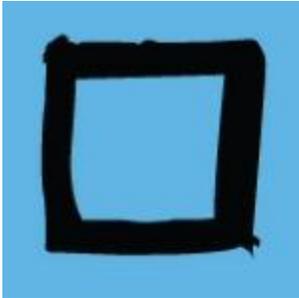




Pattern Energizer: Organizer



ORGANIZER

The Organizer energy pattern of personality is the pattern that does the right thing step by step. In leadership, Organizer breaks big tasks into small ones, systematizes processes, builds quality in, plans the work and works the plan, is efficient, orderly, and rational.

BALANCED COMPOSURE*

1. Sit with good posture, back straight and feet flat on the floor, knees together. Fully extend your arms out to the side, shoulder height and palms up. Move your arms just slightly forward so that you can see them comfortably in your peripheral vision.
2. Bend your elbows so that your fingertips rest on the tops of your shoulders. Hold this posture for a moment and notice the sense of composure and “thereness” in the solar plexus/diaphragm area; i.e., the Organizer center. Picture your upper body as a Libra-sort of scale with the weight of your arm on each side.
3. Keeping your lower body still, moving your shoulders and head as one, tip your shoulders slightly to one side and then the other. Let your upper body tip as one unit, like a scale, around the Organizer center.
4. Rest (don’t press) your hands together at this Organizer center and feel into its sense of quiet composure. Take this posture and Organizer composure with you as you tackle your next project, write that to do list or anywhere that can benefit from more of this pattern.

*Pattern energizer activity was originally printed in *Move to Greatness: Focusing the Four Essential Energies of a Whole and Balanced Leader* by Ginny Whitelaw and Betsy Wetzig. The FEBI® is a validated psychometric assessment that measures the four energy patterns of personality.

To learn more about the FEBI® visit www.focusleadership.com .

