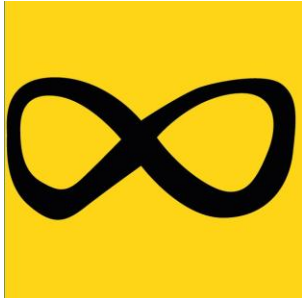




Pattern Energizer: Collaborator



COLLABORATOR

The Collaborator energy pattern of personality is the pattern of rhythm, playing in the give & take of relationships. In leadership, Collaborator energy thrives at influencing, networking, team-building, understanding customers, devising pragmatic solutions, seeing both sides of an issue, using humor, and making work fun.

LYING-DOWN BLAHS*

1. Lie on your back with your knees bent and the soles of your feet on the floor, hip-width apart. Relax your arms at your sides.
2. Breathe in through your nose and out through your mouth. Let out a couple "sighs of relief," saying "Bla-h-h-h" as you exhale. Feel where tension releases in your body.
3. As you exhale, say "Bla-h-h-h" and shake your arms, shoulders, chest, and head (keeping your chin down), as if the motion were coming out from the spine through your fingertips. Picture a silly ghost scaring people; in fact, feeling silly or playful helps you get into it.
4. Relax. Notice where warmth (energy) is present in the body.

*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 .

