



Pattern Energizer: Driver



DRIVER

The Driver energy pattern of personality is the pattern that gets to the point and gets things done! In leadership, Driver maintains speed and sense of urgency, sets clear goals and direction, is sharply focused, competitive, and bottom-line oriented.

CONNECT TO THE DRIVER*

1. Stand relaxed with feet hip-width apart. Let out a sigh of relief to drop tension out of your upper body.
2. Imagining your torso like a thermometer, start with your hands in front of the bulb at the base, fingers touching, palms up.
3. Breathing in through the nose, draw your hands up over your head, turning palms to the ceiling, and stretching onto your toes.
4. Drop down on your heels, and let out a little air through your mouth. Bend your wrists sharply, and press your palms toward the ceiling. Notice as you press a sense of “thereness” in the lower abdomen, where you’ve connected to the Driver center.
5. Continuing to push out with your palms and breathing out through your mouth, let each hand carve a semicircle back to your center.
6. Relax on the inhale, releasing slight tension in the Driver center. Repeat five times, making each breath slower and more deliberate.

*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 .

