Understanding & Applying SDI – Assessment support notes

Complete your assessment

You will have received an invite to complete your SDI assessment from facilitator@corestrengths.com. Check you junk mail if you do not see this; the email has been 'whitelisted' for NATO addresses. It should take approx. 30 minutes to complete. **Make sure you have completed this assessment by the deadline indicated**.

You will be asked to consider yourself from a WHOLE LIFE perspective to start then you will be asked to focus on a WORK perspective to complete the 2nd half of the assessment.

On completion, you will receive your results immediately by email with a pdf report and access to the online platform.

For further information on the benefits and uses of SDI in general, have a look at this video.

Review Your Results

Please print out the pdf report to use in the session and also view your results on the platform in advance:

- You can access your Personal Debrief at **app.corestrengths.com** using the same email and password that you used to complete the assessment. (There is a 'forgot password' link)

- Please ensure you review your online results as well prior to the session. When you log in, you should see the below toolbar:
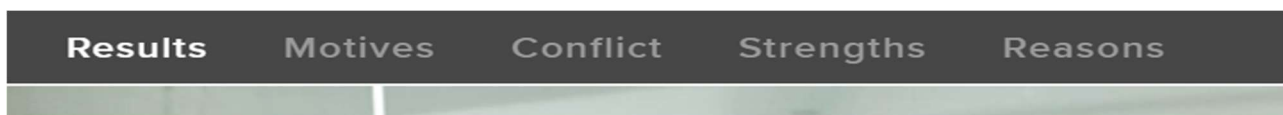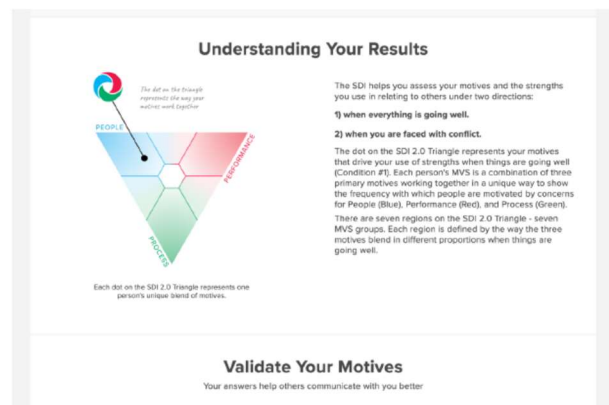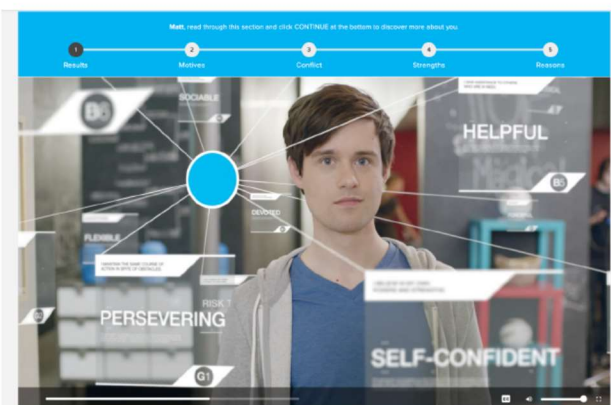

Focus on the following:

Results
1. Watch the 90 second video that explains your MVS & first stage Conflict position

Motives
2. Watch the 3-minute video explaining the SDI and read the information on this page.

3. Validate your motives: Tick the statements that resonate with you under the 'What I do', 'Feelings & Ideals' and 'Conflict Triggers' headings at the bottom of this page.

Conflict

4. Watch the video and read the information on this page.
5. Validate your stage 1, 2 & 3 conflict results at the bottom of the page – ticking the ones that resonate.

Strengths & Reasons

6. Read your strengths profile and consider your reasons for each strength (the final tab) and well as your 'overdone strengths'.

7. Once you have clicked through all of the pages, ensure you have selected **'Let's Go'** at the end of the reasons tab, to have permanent access to your results.

Using the Platform

Connect. You can make connections to others in the group using the COMPARE function.
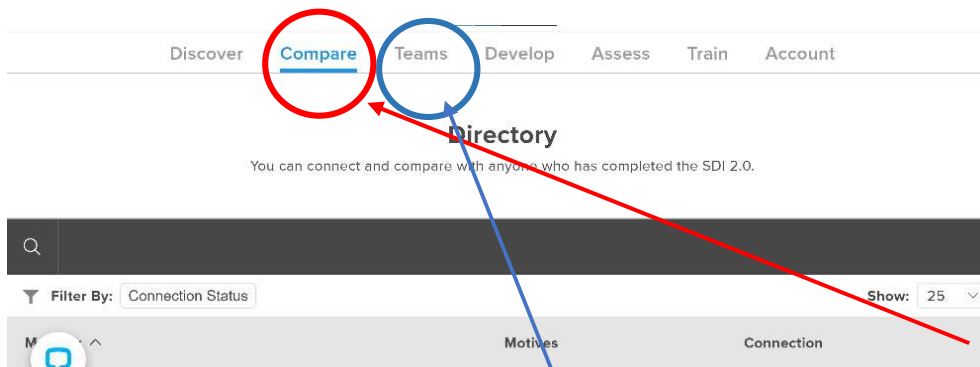
When you have permanent access to your results (clicking through all 5 pages and 'LET'S GO'), you will see a screen with headers like this.

Click on the COMPARE function to make connections with others.

You have to request permission to do this. When others connect to you, you will also receive an email permission request.

Teams. Click on the TEAMs function to set up your own Team group of the contacts you can connect with. (Noone else can see this team grouping as it only sits on your platform). This allows you to compare team colleagues at a glance (MVS, Conflict and Strengths).

App. You can download the free Core Strengths App (Education) from the App Store to see at a glance differences with other MVS colours and tips on how to best communicate and things to avoid.