



# Understanding Yourself to Better Understand Others

Dr. Jason Brooks

Bestselling author | Motivational speaker  
Leadership Guru | Life Leadership Coach

*"By better understanding ourselves we have the ability to build stronger relationships. This impacts every area of our lives. I have literally seen marriages, families, friendships, and work teams transformed by folks who have been through this program."*

**- Dr. Jason Brooks**

## Event Overview

---

We often hear that opposites attract. While this may be true, there can be challenges when people with different personalities are brought together in personal or professional situations. This highly engaging and entertaining event leads participants through a process of developing a deeper understanding of who they are so they can better understand and appreciate the differences in others.

Perfect for teens, individuals, couples, families, work teams, volunteer groups, or ministry teams, each participant will explore their personality through the lens of the Myers- Briggs Type Indicator.

Dr. Brooks will administer the assessment and then engage the participants in a fun process of self-exploration and a discussion of the tips, tricks, and strategies to get the most out of the relationships in our lives.

## Event Benefits

---

By participating in this event, you will:

- Gain in-depth understanding yourself in the areas of:
  - How you gain your energy
  - How you take in information
  - How you make decisions
  - How you organize your life
- Apply the concepts learned about yourself to improve...
  - Your Sense of Self
  - Your Career Direction
  - Your Relationships
  - Your Personal Growth
- Have fun as you learn about yourself and others.



# Dr. Jason Brooks

---

Recognized as one of the most prominent emerging voices in personal and organizational transformation, Dr. Jason is also likely to be one of the most authentic, transparent and "real". His life mission of "bringing hope, healing, and *inspiration* to everyone he meets" provides the foundation and focus where his purpose and passion are fully unleashed.

As a bestselling author of *RESET: Reformatting Your Purpose for Tomorrow's World* and *Your Daily RESET: Daily Motivation and Inspiration for Living Your Life of Purpose with Passion*, inspirational speaker, life success and executive coach, and leadership consultant, Dr. Jason brings a heart for helping others to achieve their greatest potential.

Dr. Jason has over 23 years experience in senior leadership and executive level roles in multi-million and multi-billion dollar Fortune 100 and Fortune 500 organizations in multiple industries including church ministry, consulting, healthcare, hospitality, distribution, and manufacturing. He is an expert in leading personal and organizational transformation of all kinds.



While he has been blessed with incredible career success, his real heart's passion is in seeing lives transformed. This has led Dr. Jason to engage in opportunities to touch individual lives as a speaker, author, and life leadership expert to bring change, growth, and success to churches, ministries, and secular organizations through speaking at conference events and seminars, leader coaching, and leadership development.

Dr. Brooks has earned the degrees of Doctor of Philosophy in psychology, Master of Business Administration, MS in Human Services, and BS in management. He is a Certified Executive Coach, Board Certified Coach with specialty designations as Executive/Corporate/Business/Leadership/Career Coach, Senior Professional in Human Resources and National Certified Counselor.

In an effort to give back to the local community, Dr. Jason is involved in multiple organizations in various leadership roles. He is founder of Take Another Step Ministries, member of the Board of Advisors for LifeWorks Counseling Center, and is active in leadership development, healing and teaching roles in his local church.

Dr. Jason lives just north of Nashville, Tennessee with his bride, Darla and three wonderful children, two sons and a daughter. Their daughter was adopted from China and came to her "Forever Family" at nine months old.

## Who Should Attend

---

Anyone who wants to understand himself or herself better so they can...

- Build stronger relationships
- Avoid and resolve conflicts
- Enable self-understanding to reduce stress
- Build the ability to relate to others with greater understanding
- Develop thinking skills
- Develop emotional intelligence
- Learn to relax
- Live and work with a focus on their strengths
- Identify gaps in their work teams
- Aid in career development and focus
- Assist in communication strategies
- Provide managers with the understanding to give effective feedback
- Help team members work together more effectively
- Better navigate life transitions
- Make better decisions

---

*Dr. Brooks did a great job helping our employees learn how their personality types and styles impact them and others in our work environment. His fun and engaging way of presenting the Myers-Briggs Type Indicator information kept the participants interested and helped them retain the important components that will make a positive difference for the entire company. I certainly recommend him.*

**- Alfonzo Alexander**  
**President, NASBA Center for the Public Trust**  
**Chief Relationship Officer, NASBA**

## Testimonials

---

*Dr. Brooks is a gifted speaker, presenter, and teacher.*

*His personable style and approachability is one of his greatest gifts and I know that he brings incredible value to all who participate in his events.*

**- Terri Hudson**  
**Willis**

*Dr. Brooks brings a unique blend of authenticity, knowledge, and practical experience to the stage.*

*His engaging style leads to the feeling of not just being in a session with an expert in his field, but also spending time with a friend.*

**- Jeff Jensen**  
**Hunt Brothers Pizza**