



# Making Your Personality Work for You

*Opening the door to a deeper understanding of who you are and who you can be.*

## Who is SHIFT?

**Our Mission.** SHIFT guides and connects midlifers seeking greater purpose and passion in life and work.

**Our Purpose.** As a community for people during midlife who are navigating work/life transitions, SHIFT helps its members create pathways to meaningful and sustainable lives.

The SHIFT community connects individuals making midlife transitions who seek greater meaning in life and work.

SHIFT also engages employers and volunteer organizations to underscore the essential value midlifers bring to the workplace.

## SHIFT FORUM

Monday, May 1

**We often hear the message, “use your strengths.” But is it possible to take our strengths too far?**

**Kate Ostrem** explains the connection between strengths and weaknesses and walks you through a thought-provoking exercise that will have you looking at your strengths in a new light. You will also be introduced to the nine different styles of the Enneagram, an essential tool for improving emotional intelligence that illuminates what happens when we overuse our strengths.



**When:** May 1, 2017 at 7 pm (networking at 6:30 pm)

**Where:** Minnesota State University Mankato at Edina  
7700 France Ave S, Edina, MN 55435

**Cost:** \$15 Members, \$25 Non-Members

Seating is limited. To register, please visit [WWW.SHIFTONLINE.ORG](http://WWW.SHIFTONLINE.ORG)

*SHIFT is registered with the IRS as a tax-exempt 501(c)(3) nonprofit.*

