

# Q12

Fast Tracking Human Potential



CORE DIMENSIONS

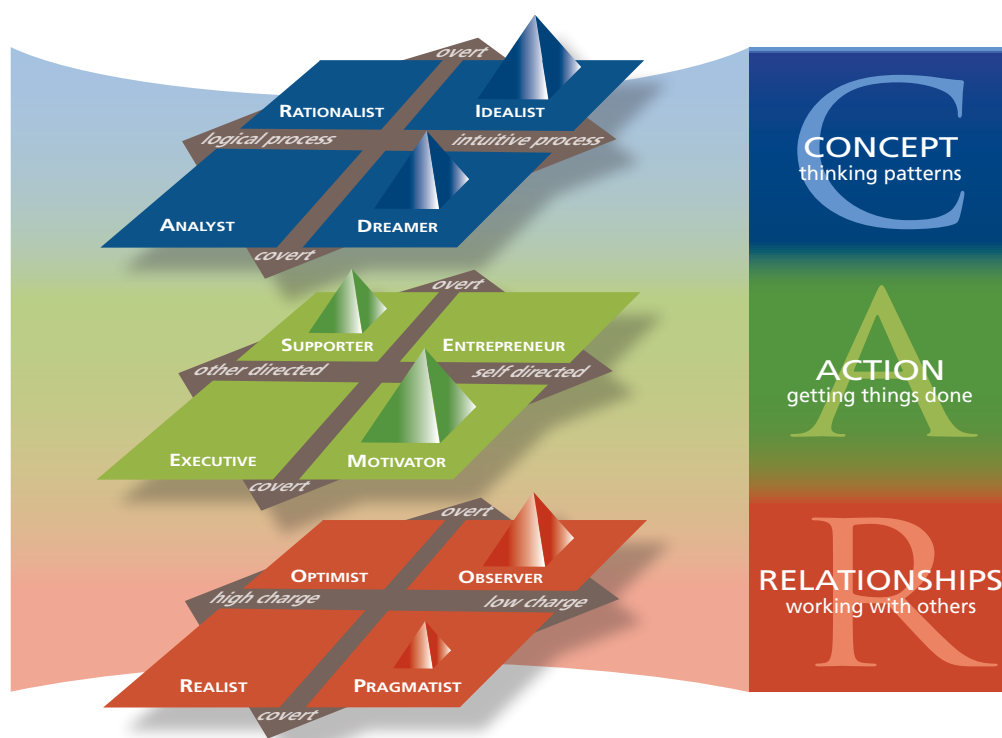
## What is Q12?

Q12 is a personal development instrument utilised by coaches, facilitators, learning and development professionals, and counsellors/therapists to facilitate change with individual clients and teams.

Q12 identifies the core motivations that shape and drive personality to facilitate the following outcomes:

- ❖ identifies true causation of personality characteristics to enable highly effective personal and professional development
- ❖ builds greater self-awareness and understanding of personal and professional relationships
- ❖ facilitates improved performance both with results and people
- ❖ develops a deeper understanding of team dynamics, enabling people to value differences
- ❖ identifies and supports the development of specific leadership abilities
- ❖ supports people to manage through a life changing event such as redundancy

Q12 is a fresh alternative to personal and professional development, providing insights into the drivers of behaviour in an objective, non-judgemental framework that is easy to understand, interpret and gain client/team buy-in. Q12 is the result of Robert Prinable's practical application of Walter Bellin's original work in personal development.



## Who Is Core Dimensions?

Our original work in character structure and organisational dynamics evolved from the Directors' work with many thousands of individuals and teams in private enterprise and government organisations across 23 countries for over 25 years. Q12 has evolved from this depth of experience in personal, professional and corporate development as the essential methodology for fast tracking growth.

## The Q12 Report

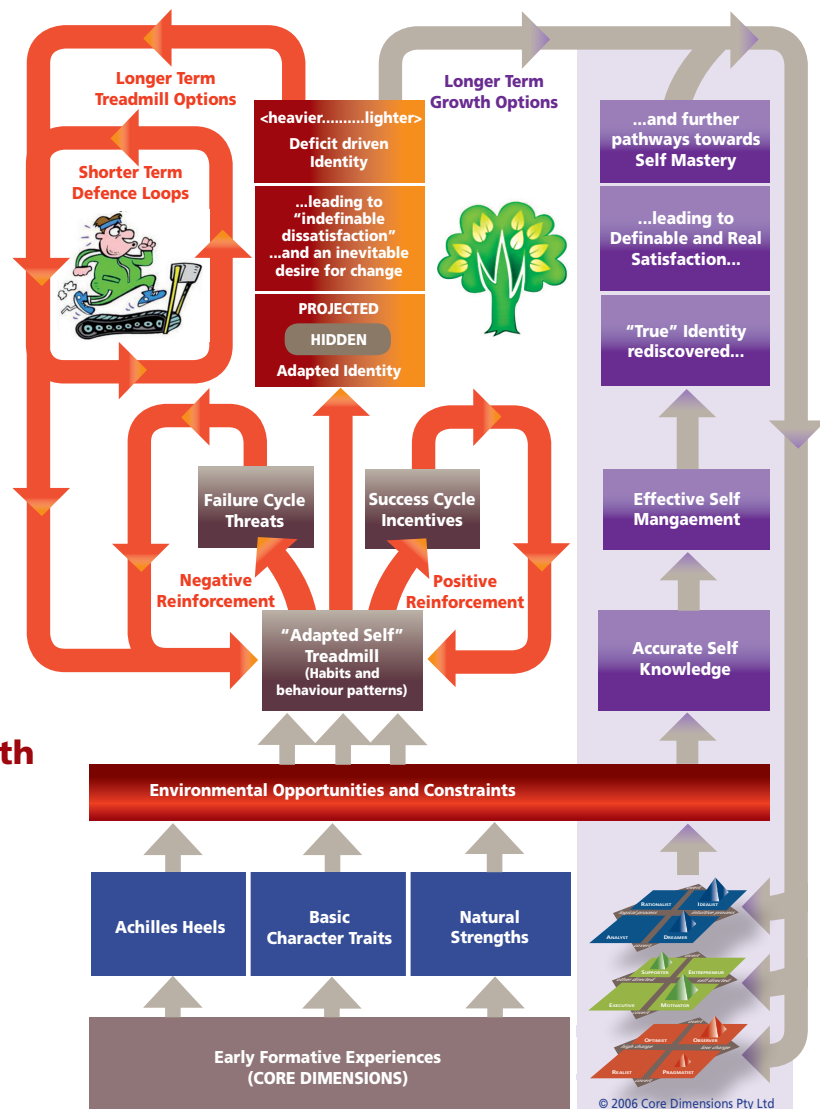
Q12 is a highly personalised report about a client's character structure in 3 dimensions (Relationship, Action, Concept) covering formative experiences, life patterns, natural strengths, Achilles Heels, and strategies for change specific to each individual. The client makes a series of online word choices which identifies core dimensions of personality, the building blocks of Q12.

**The purpose of the report is to identify opportunities for development – “Where to from here?”**

Comparisons can be made to previous reports, other individuals, teams, groups or whole population.

**Human beings are not static, as most personal profiling instruments assume, but have an innate desire to constantly grow and evolve.**

**By focussing on the process of growth and development, Q12 enables people to fast-track their full potential.**



## Why Fast Track Human Potential?

- ❖ Support succession planning and people development strategies
- ❖ Identify and retain good people
- ❖ Insightful career transition
- ❖ Build and maintain cohesive, dynamic, flexible teams

## **Core Dimensions Services**

At Core Dimensions we:

- ❖ produce Q12 instrument reports and supply them to accredited change agents
- ❖ provide one-on-one coaching using the Q12 instrument as a tool for personal change
- ❖ facilitate team development and leadership programs based on the Q12 instrument
- ❖ run Q12 accreditation programs for coaches, facilitators and counsellors

## **Becoming an Accredited Change Agent**

Accreditation for coaches, facilitators, learning and development professionals, and counsellors/therapists is enabled via a 3 day Accreditation Program facilitated by the creators of the instrument and industry professionals. A follow up evening session five weeks after the workshop is provided to reinforce the learning and create a forum for practitioner coaching. Some pre- and post-work is required to ensure participants gain maximum value from the Accreditation Program.

## **Contact**

To discuss your organisation's requirements and program options contact us on:

- ❖ Phone: (02) 9948 0100
- ❖ Email: [info@coredimensions.com.au](mailto:info@coredimensions.com.au)

