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The Synergy Institute offers a whole line of ready to use Personal Development workbooks, forms, and visually-descriptive handouts in ready-to-print PDF format for you to use and it's 100% free! Our commitment has always been to provide the most effective tools for personal transformation and put them in the hands of the people who need them the most. Please feel free to print out and share these valuable resources with your friends, family and co-workers.

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SynergyInstituteOnline.com is one of the top personal development sites on the internet. Our site gets approximately 1,500 visitors a day who are looking for self improvement and personal growth advice and solutions. The Synergy Forms Bank offers hundreds of Personal and Professional forms, questionnaires, and visually-based material designed by the Synergy Institute and 100% free to our users.

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For more information, please contact Tristan Loo at: info@SynergyInstituteOnline.com

What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

Who is Tristan Loo?

Tristan Loo is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan has coached clients in the United States, Canada, Great Britain, Ireland, Australia and India.

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The Seven Types of Core Genius

	Visual/Spatial "Picture Smart"	Verbal/Linguistic "Word Smart"	Logical/ Mathematical "Number Smart"	Bodily/Kinesthetic "Body Smart"	Musical/ Rhythmic "Music Smart"	Interpersonal "People Smart"	Intrapersonal "Self Smart"
Description	Tends to think in pictures and needs to create vivid mental images to retain information.	Ability to use words and language. Highly developed auditory skills. Tends to think in words instead of pictures.	Ability to use logical reasoning and numbers. These individuals think in logical and numerical patterns making connections between pieces of information.	The ability to control body movements and handle objects skillfully. These individuals express themselves through movement. They have a good sense of balance and hand-eye coordination. They learn through their physical interaction with their environment.	The ability to produce and appreciate music. They think in sounds, rhythms and musical patterns. They immediately recognize music. Sensitive to environmental sounds.	The ability to understand other people. These individuals have a high degree of empathy and can understand how the other person thinks and feels. Possess the uncanny ability to sense feelings, intentions and motivations.	The ability to self-reflect and be aware of one's inner state of being. They try to understand their inner feelings, dreams, and relationships with others.
Types of Jobs Well-Suited For	<ul style="list-style-type: none"> • Navigator • Sculptor • Visual Artist • Inventor • Architect • Interior Designer • Mechanic • Engineer • Pilot • Sailor 	<ul style="list-style-type: none"> • Poet • Journalist • Writer • Teacher • Lawyer • Politician • Translator • Speaker • Editor 	<ul style="list-style-type: none"> • Scientists • Engineers • Computer programmers • Analysts • Accountants • Mathematicians • Detectives • Doctor • Lawyer • Philosopher 	<ul style="list-style-type: none"> • Professional athlete • Physical education teachers • Sports coach • Dancers • Actors • Firefighters • Police • Soldier 	<ul style="list-style-type: none"> • Musician • Disc jockey • Singer • Composer • Music producer 	<ul style="list-style-type: none"> • Counselor • Salesperson • Business person • Entrepreneur • Politician • Police officer • Therapist • Social worker • Managers 	<ul style="list-style-type: none"> • Researchers • Theorists • Philosophers • Monks • Psychologists • Theologians • Writers
Skill Sets	<ul style="list-style-type: none"> • Puzzles • Reading • Writing • Charts • Maps • Graphs • Direction • Sketching • Painting • Manipulating images • Constructing • Fixing • Designing objects • Interpreting visual images • Remembering words and dates 	<ul style="list-style-type: none"> • Listening • Speaking • Writing • Story telling • Explaining • Teaching • Humor • Understanding sentence structure • Remembering information • Persuasion • Negotiation 	<ul style="list-style-type: none"> • Problem solving • Classifying • Categorizing • Controlled experiments • Questioning natural events through logic • Complex mathematical equations • Geometric shapes • Chess 	<ul style="list-style-type: none"> • Physical coordination • Sports • Hands on experimentation • Body language • Crafts • Acting • Building or creating 	<ul style="list-style-type: none"> • Singing • Whistling • Playing musical instruments • Recognizing tonal patterns • Composing music • Remembering melodies 	<ul style="list-style-type: none"> • Empathy • listening • Understanding other people's feelings • Coaching/ counseling • Co-operating within diverse groups • Noticing a change in moods • Motivating others • Verbal and nonverbal communication • Building trust • Conflict resolution 	<ul style="list-style-type: none"> • Recognizing their own strengths and weaknesses • Inner reflection • High level of self-awareness • Dreaming • Evaluating themselves • Understanding their role with others