

## About Jami

Within minutes of meeting Jami, you are sure to be laughing. Her gentle and gracious manner makes anyone feel comfortable. Her stories emphasize the lighter side of life, and she can make even the roughest of situations a great opportunity for growth.

Combining her knowledge in the counseling field with her passion for the personalities, Jami is able to teach and train people in maximizing their relationships. She conducts trainings in a variety of states and settings, and she is visibly energized when she can help others make the most of life.

Jami's adventures unfold on a Wyoming ranch with her husband Jeff. Their four wonderful children provide great examples for her writing, speaking, and training. Jami is a contributing author to *Laundry Tales*, *Daily Devotionals for Writers*, and *The Mommy Diaries*.

### What are people saying?

"Jami presents the most practical, useful and loving way to understand your family!"

"She's a real mom with a relaxed personality."

"Jami's presentation was great fun!"

"She's funny and warm."

"So helpful! I don't feel crazy now!"



Jami Kirkbride, M. A.  
3204 Road 139  
Meriden, WY 82081

307.246.3348  
JamiKirkbride.com  
JamiKirkbride@hotmail.com

Jami Kirkbride

Personality  
Principles

Making the  
most of life  
experiences.

JamiKirkbride.com



# What is Personality Training?

What is personality training? No, it's not the business of giving personalities to those who appear to have none! Everyone comes into this world with a personality. But you can learn how to understand and use your personality for better results.

A personality trainer is similar to a physical trainer. Just as a physical trainer helps people assess their strength, problem areas, and physical needs, a personality trainer helps people identify their personality strengths, struggles, and emotional needs. Then just as a physical trainer might assist people in accomplishing their physical goals for health and fitness, a personality trainer assists in goals for healthy perspectives and meaningful relationships.

Through this process of personality training, people are taught to maximize their strengths and manage their struggles in order to get the most out of life.



## Who needs Personality Training?

Who can benefit from personality training? The answer to that is simple—everyone! Young and young-at-heart alike can benefit. Personality training can improve:



- Marriages
- Family Relationships
- Workplace Interactions
- Student Organizations
- Teambuilding
- Corporate Settings
- Educators and Classrooms
- Community Organizations
- Personal Satisfaction

## What is Available?

Personality training can be offered in a variety of ways. You might consider one of the following:

- A Presentation—basic module on personalities and/or added components
- An Interactive Workshop— people are involved with interactive learning
- A Keynote—motivating address
- Consultation—one-on-one, family, business or corporate
- Pre-marital Counseling

## Understanding Personality Principles —

Have you noticed that everyone around you is different? And have you noticed your attempts at changing others have been unsuccessful? Discover the personalities' strengths, struggles and emotional needs so you can understand yourself and improve relationships.

## Making the Most of Marriage —

Do you want to know how to communicate and motivate each other? Find out how different combinations of personalities play out in a marriage. Putting this information to use in your relationship will help you achieve a deeper level of love and acceptance and can bring about a life-changing effect.

## Capture Your Class —

Do you want to get the most from your students? Learn how to work within their strengths and understand their struggles. Recognizing different needs of the personalities can help you structure lesson plans that can be effective and productive. Relate to your students at a deeper level when you can see why they do what they do. Capture your class in a whole new way!

## Parenting With Personality —

Have you noticed what works with one child doesn't always work with another? Discover how the personalities are expressed in children. Learn how you can meet their unique needs, maximize their strengths, and modify their struggles. Understanding how your personality interacts with your child's personality may bring about a whole new level of relating.

## Successful Teambuilding —

Whether your team functions in a business or corporate setting, a community or student organization, or any other kind of team, there is a group of differing people working together to accomplish a task or purpose. Find out how to communicate, delegate tasks, and motivate people according to their personalities. Working with your team's strengths and understanding their struggles will make your team more satisfied, effective, and productive.

Contact Jami to design a training tailored for your individual or group needs or to discuss training fees.

Jami Kirkbride

Jami Kirkbride, M. A.  
3204 Road 139  
Meriden, WY 82081  
307.246.3348

JamiKirkbride.com  
JamiKirkbride@hotmail.com