

Dimakatso Mogane

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Your Paradigm Profile Report



**PARADIGM
PROFILES™**





Dimakatso Mogane

Your Paradigm Type is: The Organiser
Single-Frame Dominance

Single Frame Dual Frame Triple Frame All Frame

ANALYST

LU 59%

Left Upper

VISIONARY

RU 37%

Right Upper



ORGANIZER

LL 74%

Left Lower

HELPER

RL 30%

Right Lower



Extroversion
50%



Introversion
50%

Your Paradigm Framework

Paradigm Score System

1

Very High Preference

2

High Preference

3

Average Preference

4

Low Preference

5

Very Low Preference



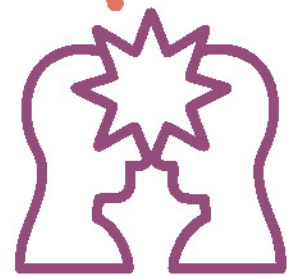
Connection Style

- 5 Verbal Validator
- 1 Presence Seeker
- 3 Grounded Connector
- 2 Practical Supporter
- 4 Symbolic Appreciator



Conflict Style

- 5 Assertive Challenger
- 2 Quiet Protector
- 3 Peacekeeper
- 1 Fair Negotiator
- 4 Integrative Bridge Builder



Personality Blueprints

- Extroversion 50%
- Introversion 50%



**PARADIGM
PROFILES™**

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Your Paradigm Framework

The square with the red mark  represents your Quotient
You will either have a Low, Medium or High Quotient



Social Quotient (SQ)

- ☐ Low
- ☐ Medium
- ☒ High



Emotional Quotient (EQ)

- ☐ Low
- ☐ Medium
- ☒ High



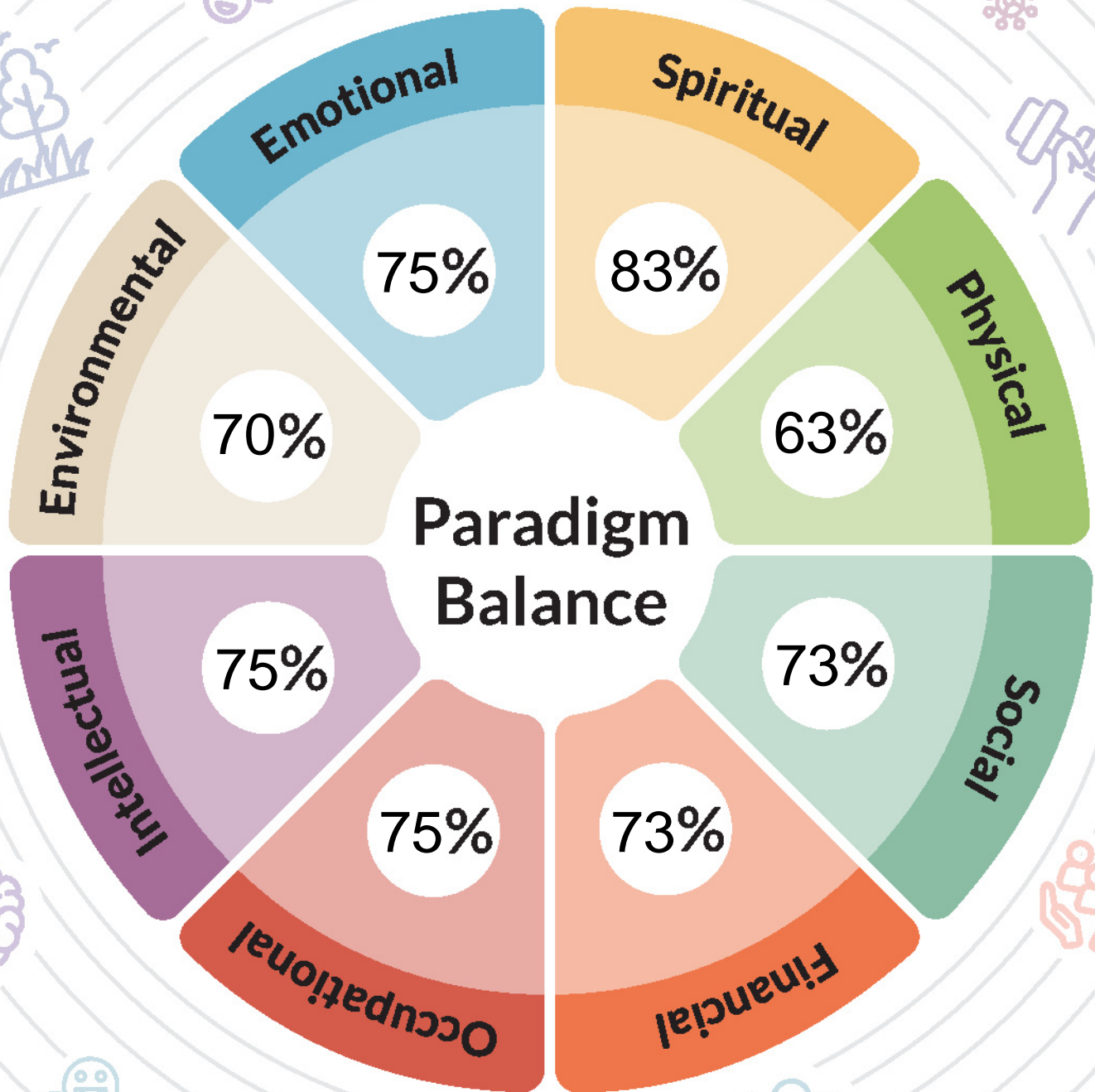
Relevancy Quotient (RQ)

- ☐ Low
- ☐ Medium
- ☒ High



SERQ

Your Paradigm Wheel of Balance



Your Paradigm Preference



Congratulations!

You've just taken the first step towards understanding the patterns that shape how think, feel, and act.

Now you might be wondering...
What do I do next?

Connect with a Certified Paradigm Practitioner

Your Paradigm Profile gives you powerful insight — but a Certified Paradigm Practitioner helps you make sense of it all.

Why connect with a Paradigm Practitioner?

They're trained to interpret your unique Paradigm Feedback Loop.
They help you identify both the positive and limiting traits within your pattern.
They guide you toward practical transformation and sustainable growth.

Certified Paradigm Practitioner

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Paradigm Score System

95+

Very high preference

80-94

High preference

65-79

Average preference

50-64

Low preference

0-49

Very low preference

Please note that an individual's profile should always be evaluated in categories and not according to exact scores.

Understanding Brain Frame Dominance in the Paradigm Brain Profile™

How Single, Dual, Triple, and All-Frame Preferences
Shape the Way We Think, Lead, and Connect



02

Understanding Brain Frame Dominance in the Paradigm Brain Profile™

How Single, Dual, Triple, and All-Frame Preferences Shape the Way We Think, Lead, and Connect



Single-Frame Dominance

Only one brain frame is dominant (LU, LL, RU, or RL)

- ✓ Strong preference for one specific brain frame.
- ✓ Focused, specialized thinkers.
- ✓ Deep strength in one mode of thinking.
- ✗ May overlook other perspectives.

Type	Preferred Brain Frame	Style
The Analyst	LU	Logical, precise, data-driven
The Organizer	LL	Structured, disciplined, reliable
The Visionary	RU	Innovative, future-focused
The Helper	RL	Emotionally intuitive, people-oriented



Dual-Frame Dominance

Two brain frames are dominant (any combination of LU, LL, RU, RL)

- ✓ Strong preference for two brain frames.
- ✓ Balanced, versatile in two ways.
- ✓ Able to shift between two frames depending on the context.
- ✗ May struggle with what's outside their two preferred modes.

Type	Preferred Brain Frame	Style
The Specialist	LU + LL	Logical & structured
The Strategist	LU + RU	Logical & visionary
The Advisor	LU + RL	Logical & empathetic
The Architect	LL + RL	Structured & visionary
The Harmonizer	LL + RL	Structured & relational
The Creator	RU + RL	Visionary & expressive



Triple-Frame Dominance

Three brain frames are dominant

- ✓ Strong preference for three brain frames.
- ✓ Highly adaptable and complex thinkers.
- ✓ Strong integration of multiple styles.
- ✗ May feel torn or overextended at times.

Type	Preferred Brain Frame	Style
The Innovator	LU + LL + RU	Analytical, structured, creative
The Stabilizer	LU + LL + RL	Grounded, structured, emotionally aware
The Integrator	LU + RU + RL	Visionary, emotional, logical
The Vision Builder	LL + RU + RL	Structured, people-focused, future-driven



All-Frame Dominance (Whole-Brain Thinker)

All four brain frames are used almost equally (LU + LL + RU + RL)

- ✓ Strong and flexible preference across **all** brain frames.
- ✓ Extremely adaptable and balanced.
- ✓ Can think factually, systematically, emotionally and visionary.
- ✓ Ideal for leadership and complex problem-solving.
- ✗ May feel overwhelmed by too many perspectives at once.

Type	Preferred Brain Frame	Style
The Whole-Brain Thinker	All 4	Balanced, wise, system-level thinker

Summary Table

Dominance Level	Preferred Frames Used	Traits
Single	1	Focused, specialized
Dual	2	Versatile in two domains
Triple	3	Multifaceted, integrative
All-Frame	4	Highly adaptable, holistic

The Paradigm Brain Profile™ Framework

The 4 Thinking Frames



05

The Paradigm Brain Profile™ Framework

This framework outlines the **4 Thinking Frames** and **8 Thinking Fields** of the **Paradigm Brain Profile™**. Each represents a distinct way of processing information, solving problems, making decisions, and engaging with the world. The model integrates Whole Brain Theory, Practical Neuroscience, and Behavioral Intelligence for Personal, Team, and Leadership Development.

The 4 Thinking Frames

Each frame reflects a dominant way of interpreting and interacting with the world.

1. Left Upper (LU) – Analytical Thinking (The Analyst)

Likes facts, puzzles, solving problems, and being right.

Core Thinking Focus:

Facts, logic, precision, data, and critical thinking.

Deeper Description:

LU thinkers break down problems, look for patterns, and rely on evidence-based reasoning. They are task-focused, outcomes-driven, and prefer clarity over ambiguity. They are motivated by solving complex problems with factual accuracy.

Strengths:

- Analytical decision-making.
- Logical problem solving.
- Fact-checking and questioning.
- Attention to accuracy and detail.

Weaknesses:

- Over-critical or emotionally detached.
- Analysis paralysis.
- Over-dependence on logic.
- Difficulty embracing ambiguity or emotion.

Healing/Growth Practice:

- Integrate emotion with logic.
- Explore creativity without needing certainty.
- Practice open-ended enquiry and curiosity.

Leadership & Work Style:

- Ideal in data-driven, technical, research, or financial environments.
- Thrives on measurable outcomes and structured KPIs.
- May need help with relational awareness and emotional nuance.



2. Left Lower (LL) – Structural Thinking (The Organizer)

Loves rules, making plans, and keeping everything in order.

Core Thinking Focus:

Order, organization, timelines, rules, and reliability.

Deeper Description:

LL thinkers bring structure to chaos. They systematize, plan, and prioritize clarity and follow-through. They are detail-oriented and highly dependable but may struggle with flexibility or abstraction.

Strengths:

- Planning and process-building.
- Administrative efficiency.
- Time and resource management.
- Risk prevention and compliance.

Weaknesses:

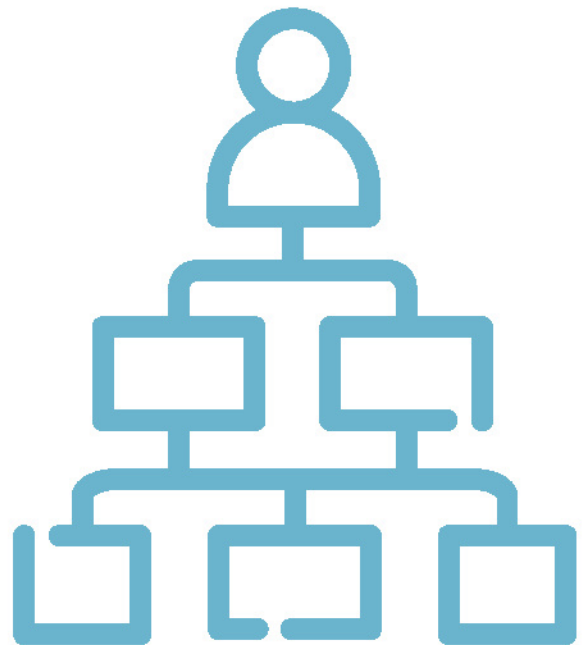
- Over-controlling or rigid.
- Inflexibility to change.
- Obsession with rules or perfection.
- Resisting creativity or innovation.

Healing/Growth Practice:

- Build flexibility and spontaneity.
- Practice delegation and creative trust.
- Reframe mistakes as growth opportunities.

Leadership & Work Style:

- Thrives in operations, management, logistics, and planning.
- Maintains team consistency and efficiency.
- May need development in adaptability and big-picture thinking.



3. Right Upper (RU) – Strategic Thinking (The Visionary)

Thinks of amazing ideas, loves creativity, and dreams about the future.

Core Thinking Focus:

Innovation, ideas, future-thinking, problem reframing.

Deeper Description:

RU thinkers are big-picture strategists who love envisioning what could be. They think in possibilities and patterns, often connecting dots that others don't see. They dislike repetition and are energized by future outcomes and what's next.

Strengths:

- Creative thinking and ideation.
- Long-term vision.
- Strategic problem solving.
- Embracing change and disruption.

Weaknesses:

- Inconsistent follow-through.
- Disconnection from reality.
- Over-idealism or impracticality.
- Difficulty completing what they start.

Healing/Growth Practice:

- Ground ideas in tangible steps.
- Use feedback loops and progress checks.
- Develop consistency alongside creativity.

Leadership & Work Style:

- Thrives in entrepreneurship, innovation, design, and consulting.
- Inspires vision and transformation.
- Needs help with structure and detailed execution.



4. Right Lower (RL) – Relational Thinking (The Connector)

Cares about others, loves helping, and wants everyone to feel okay.

Core Thinking Focus:

Empathy, communication, relationships, intuition, and emotional dynamics.

Deeper Description:

RL thinkers prioritize people. They tune into body language, tone, and emotional energy in a room. Driven by connection and meaning, they tend to lead with heart and intuition, often acting as the glue of teams and relationships.

Strengths:

- Emotional intelligence and active listening.
- Team-building and harmony.
- Teaching and support.
- Culture creation and communication.

Weaknesses:

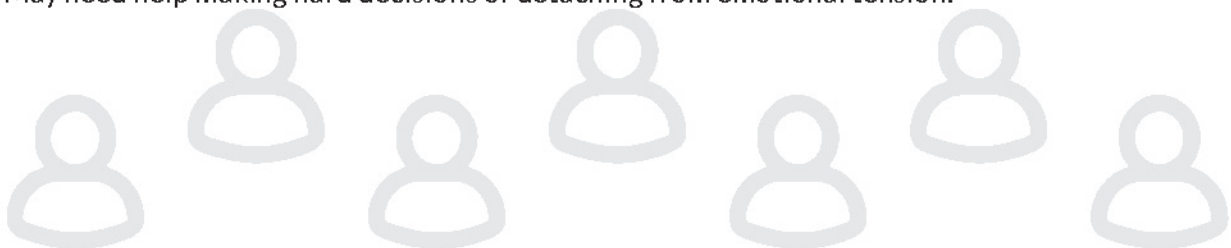
- Over-empathy or emotional enmeshment.
- Struggling with boundaries.
- People-pleasing.
- Difficulty with confrontation or logic-based decision-making.

Healing/Growth Practice:

- Learn to set boundaries with empathy.
- Develop assertiveness and clarity.
- Balance emotional weight with rational input.

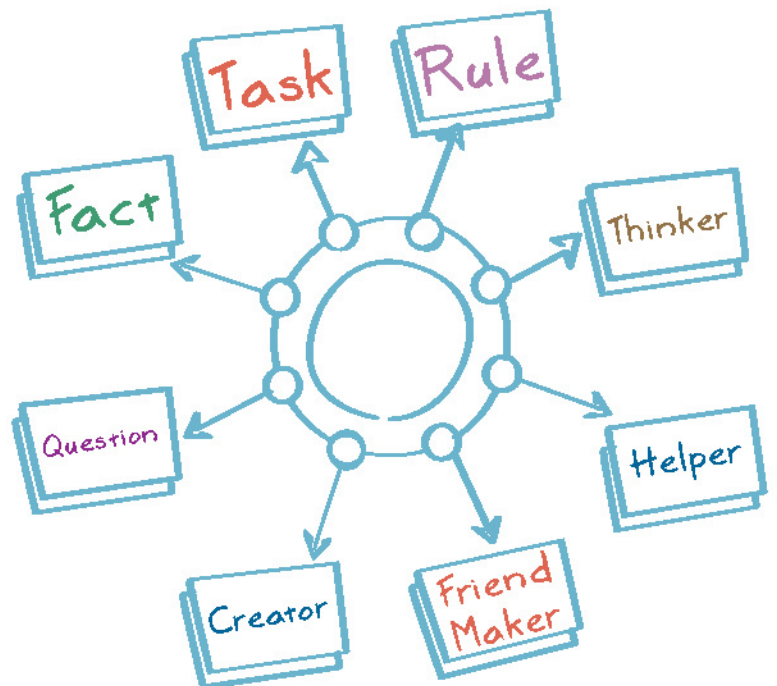
Leadership & Work Style:

- Excellent in HR, leadership development, coaching, teaching, and social work.
- Prioritizes emotional safety and connection.
- May need help making hard decisions or detaching from emotional tension.



The Paradigm Brain Profile™ Framework

The 8 Thinking Fields



The 8 Thinking Fields

Each frame divides into two fields, creating a nuanced spectrum of cognitive tendencies

Left upper (LU) Thinking Fields

- **1. The Fact Finder** – Loves learning true things and seeing what's real. Prioritizes logic, precision, data, and structured analysis. Deeply focused on problem-solving, metrics, and truth.
- **2. The Question Asker** – Loves to ask “why?” and figuring out how things work. Grounds decisions in facts, experience, and tangible outcomes. Trusts what can be proven or demonstrated practically.

Left Lower (LL) Thinking Fields

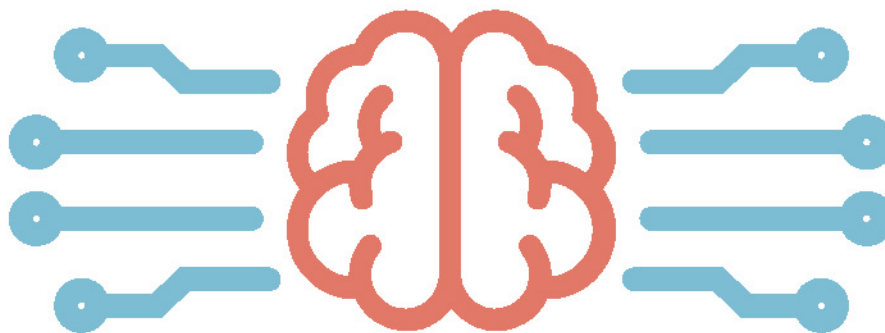
- **3. The Rule Keeper** – Likes doing things the “right” way every time. Naturally creates structure, routines, and schedules. Loves predictability and disciplined execution.
- **4. The Task Manager** – Loves making to-do lists and checking them off. Values tradition, consistency, and maintaining what works. Anchors teams with loyalty and reliability.

Right Upper (RU) Thinking Fields

- **5. The Creator** – Loves drawing, inventing, and making things up. Thinks in mental imagery and stories. Loves inventing, dreaming, and expressing unique perspectives.
- **6. The Big Thinker** – Loves planning for the future and dreaming big dreams. Focuses on systems thinking, scenario planning, and high-level transformation. Sees long-term implications.

Right Lower (RL) Thinking Fields

- **7. The Empath** – Feels when someone is sad and wants to make them feel better. Feels deeply and intuitively. Tunes into unspoken needs and prioritizes emotional connection.
- **8. The Friend Maker** – Loves talking, laughing, and being with others. Outgoing, expressive, and energized by people. Builds rapport quickly and thrives in group dynamics.



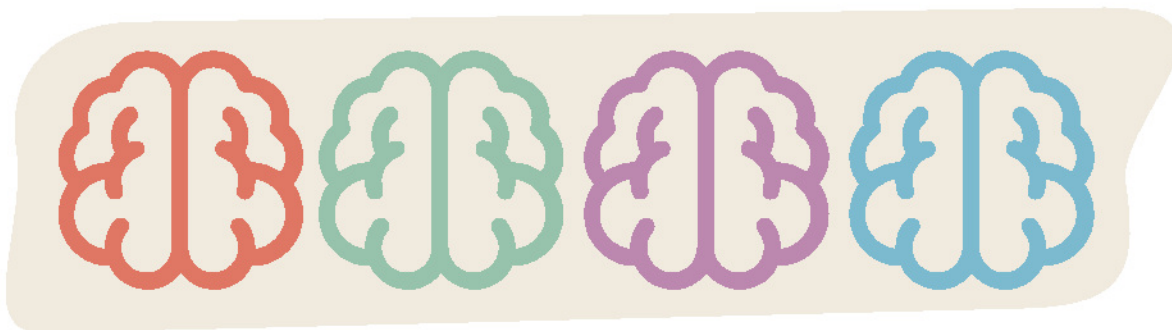
Final Integration:

The **Paradigm Brain Profile™** reveals both dominant and underutilized thinking preferences. Integration of the four frames leads to:

- Balanced decision-making.
- Effective teamwork.
- Innovation grounded in structure.
- Empathy with boundaries.
- Strategy anchored in reality.

When used in coaching, leadership, education, or therapy, the **Paradigm Brain Profile™** helps individuals:

- Discover blind spots.
- Enhance cognitive flexibility.
- Maximize strengths across thinking fields.
- Create brain-balanced teams and partnerships.



The 5 Paradigm Connection Styles™ – Complete Framework



The 5 Paradigm Connection Styles™

– Complete Framework

1. The Verbal Validator

Core Emotional Need:

To feel emotionally safe, acknowledged, and valued through words.

Deeper Description:

Words are more than communication to them—they are connection. This style reads tone, choice of words, and timing like an emotional barometer. They connect emotionally through speech and feel deeply affirmed by recognition, encouragement, and spoken gratitude.

How They Connect:

- Thrives on sincere praise, compliments, appreciation, and kind messages.
- Feels hurt or disconnected when communication is absent, blunt, or dismissive.
- Uses words to encourage, uplift, and express love.

Common Misunderstandings:

- Viewed as “needy” or “too sensitive.”
- People often underestimate the impact of negative tone or silence on their wellbeing.

Weaknesses:

- Harsh inner dialogue.
- Withholding praise or validation.
- Passive-aggressive silence.
- Overdependence on external validation.
- Taking minor comments too personally.

Healing Practice:

- Speak affirmations over yourself daily.
- Journal your growth and progress.
- Learn to internally validate your worth.
- Don't let someone's silence rewrite your identity.

Leadership & Work Style:

- Thrives with clear, encouraging feedback.
- Excels in environments that value communication, recognition, and emotional intelligence.
- Makes great communicators, writers, and morale-boosters.
- Needs constructive words more than criticism to perform at their best.



2. The Presence Seeker

Core Emotional Need:

To feel prioritized, emotionally bonded, and safe through undivided attention.

Deeper Description:

They crave presence, not just company. Being heard, understood, and emotionally seen matters more than time spent together. Distractions and superficial engagement feel like disconnection. They anchor relationships in shared experience and meaningful interaction.

How They Connect:

- Eye contact, deep conversation, time without phones, and shared activities.
- They give their full attention—and expect the same.
- A ten-minute heart-to-heart beats a distracted day together.

Common Misunderstandings:

- Seen as too clingy or demanding of attention.
- Misread as controlling when they're actually craving connection.

Weaknesses:

- Emotional withdrawal or isolation.
- Overanalyzing someone's availability.
- Jealousy when time is split.
- Tendency to over-give emotionally and burn out.
- Shutting down when not prioritized.

Healing Practice:

- Be present with yourself before expecting it from others.
- Establish healthy time boundaries.
- Learn to communicate your need for connection clearly, without guilt.
- Cultivate solo quality time and internal presence.

Leadership & Work Style:

- Values team culture, emotional availability, and 1-on-1 interaction.
- Thrives when their time and energy are respected.
- Excels in collaborative roles and mentorship-based work.
- Needs structured check-ins and face-time with leaders or teams to stay engaged.



3. The Grounded Connector

Core Emotional Need:

To feel safe, soothed, and emotionally anchored through physical gestures.

Deeper Description:

Their body speaks the language of connection. They experience trust, affection, and reassurance through closeness. Touch soothes their nervous system and builds unspoken emotional intimacy. A lack of touch often feels like emotional rejection.

How They Connect:

- Prefer hugs, holding hands, cuddling, high fives, and physical nearness.
- Feels emotionally connected when physical warmth is present.
- Use physical touch to show care, calm, and closeness.

Common Misunderstandings:

- Mistaken as overly sexual, clingy, or needing constant attention.
- May struggle in long-distance or virtual relationships.

Weaknesses:

- Uses touch to manipulate or withholds it as punishment.
- Disconnects physically when emotionally upset.
- Seeks physical comfort without emotional resolution.
- Feels emotionally rejected if not touched enough.
- Avoids verbal expression by replacing it with physical proximity.

Healing Practice:

- Engage in movement therapy, stretching, breathwork, and grounding practices.
- Set boundaries between emotional and physical connection.
- Learn to articulate emotions beyond physical gestures.
- Use mindful touch as a way to reconnect to yourself.

Leadership & Work Style:

- Values in-person collaboration, body language, and human presence.
- Struggles in remote-only environments without real-world interaction.
- Often excels in people-facing roles, wellness, fitness, healthcare, or physical aesthetics industries.
- Thrives with emotionally warm teams and appreciates physical affirmations like handshakes or pats on the back.



4. The Practical Supporter

Core Emotional Need:

To feel loved, appreciated, and supported through action and reliability.

Deeper Description:

Actions speak louder than anything. They connect when others show up, follow through, and lighten their load. Helpfulness, responsibility, and thoughtful effort are the ultimate signs of care. They often express love by doing, not saying.

How They Connect:

- Shows love by cooking, fixing, planning, helping without being asked.
- Expects others to contribute without being prompted.
- Values dependability and reliability.

Common Misunderstandings:

- Often mislabeled as controlling, perfectionist, or cold.
- May feel rejected when people say "I love you" but don't show it practically.

Weaknesses:

- Over-functioning or taking over others' roles.
- Becoming resentful when help is not offered or appreciated.
- Refusing to ask for help.
- Judging others' way of helping as not good enough.
- Equating rest with laziness or failure.

Healing Practice:

- Rest. Allow others to help you.
- Don't let performance define your worth.
- Accept love in forms beyond doing.
- Reframe asking for help as courageous, not weak.

Leadership & Work Style:

- Excels in predictable, process-driven, task-focused environments.
- Often the quiet backbone of any team.
- Struggles when surrounded by inconsistency or laziness.
- Leads best by example—through action, service, and integrity.



5. The Symbolic Appreciator

Core Emotional Need:

To feel remembered, seen, and emotionally valued through thoughtful and symbolic gestures.

Deeper Description:

They interpret thoughtfulness, timing, and effort behind a gift as deep care.

It's not the cost—it's the symbolism. A simple flower, heartfelt letter, or meaningful object can become a cherished, sacred memory.

How They Connect:

- Loves small surprises, handmade items, or gifts with stories attached.
- Often keeps and cherishes mementos.
- Expresses love by giving things they think the other will treasure.

Common Misunderstandings:

- Often perceived as materialistic or superficial, when in truth, it's the meaning behind the gift that holds the real value.

Weaknesses:

- Equating love with material giving or receiving.
- Feeling devastated when milestones are forgotten.
- Over-giving to compensate for insecurity.
- Keeping emotional score through gifts.
- Feeling unloved without tangible reminders.

Healing Practice:

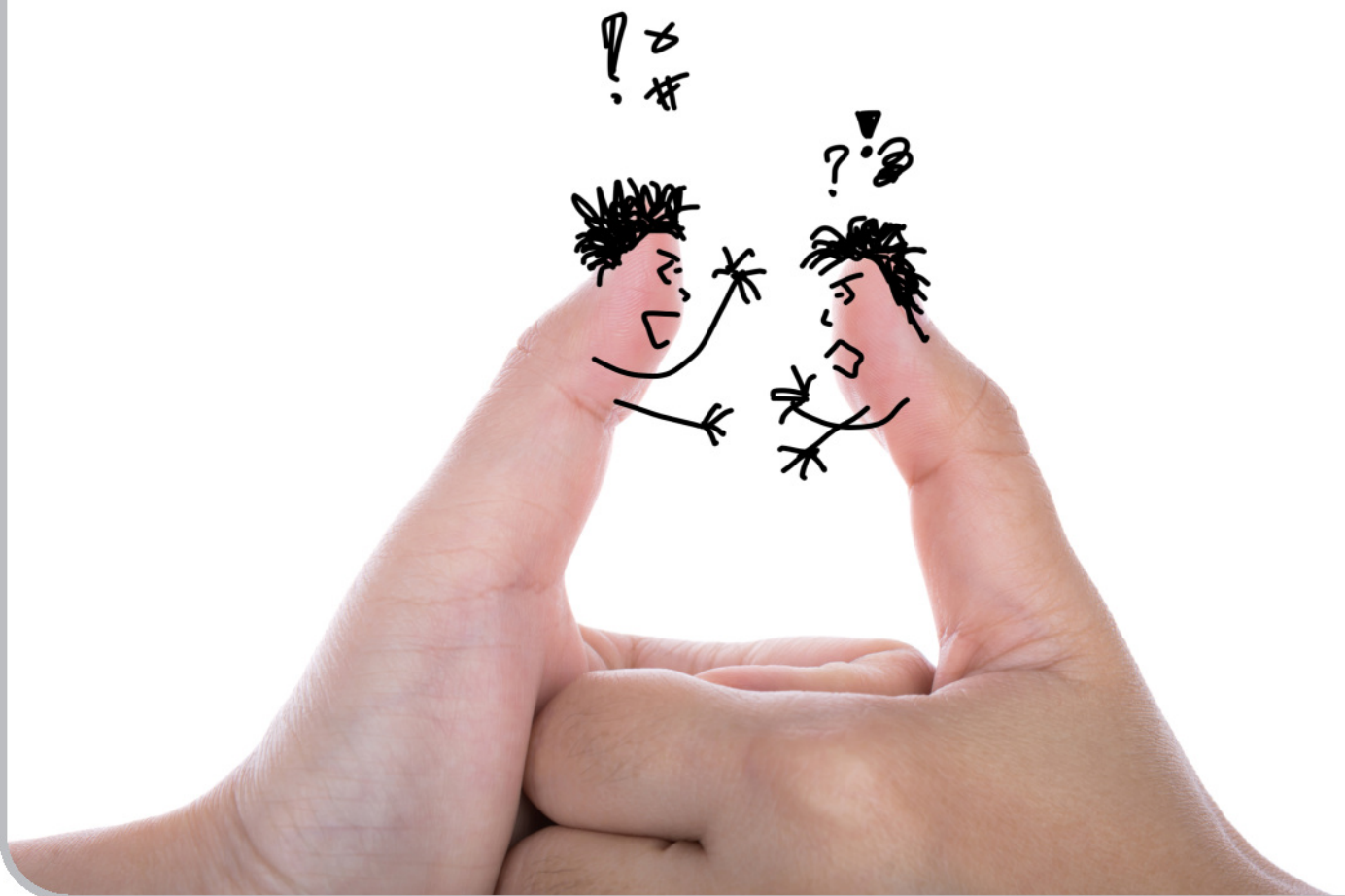
- Create symbolic rituals or tokens of love for yourself.
- Practice gratitude for meaningful moments.
- Let go of expectations around receiving.
- Redefine your value beyond possessions.

Leadership & Work Style:

- Values recognition ceremonies, awards, and visual appreciation.
- Excels in creative, branding, design, or customer service roles.
- Thrives in environments where effort is acknowledged with symbols or rewards.
- Often brings flair, generosity, and tokens of appreciation to team culture.



The 5 Paradigm Conflict Styles™ – Complete Framework



The 5 Paradigm Conflict Styles™

– Complete Framework

1. Competing – The Assertive Challenger

Core Conflict Approach:

To stand firm, defend values, and pursue personal or organizational goals, even if it creates tension.

Deeper Description:

Competing types are direct, results-focused, and confrontational. They thrive in high-stakes situations, especially where quick decisions or strong leadership is needed. They believe conflict is necessary for progress—but struggle with softness or compromise.

How They Navigate Conflict:

- Uses their own logic, assertiveness, or debate to get their point across.
- Prefers clear outcomes, quick resolution, and decisive action.
- Often focuses on “winning” rather than preserving harmony.

Common Misunderstandings:

- Often labeled as aggressive, controlling, or intimidating.
- Others may fear approaching them, assuming they'll react harshly.

Weaknesses:

- Bulldozing others emotionally.
- Viewing vulnerability as weakness.
- Needing to be right at any cost.
- Using dominant dialogue instead of calm dialogue.
- Escalating arguments unnecessarily.

Healing Practice:

- Practice empathy and emotional listening.
- Ask: “Do I want to be right, or do I want resolution?”
- Learn the power of pausing before responding.
- Validate others’ perspectives even when disagreeing.

Leadership & Work Style:

- Excels in high-pressure leadership, crisis management, negotiations, and performance-based roles.
- Leads with decisiveness and clear direction.
- Struggles with delegation, emotional attunement, and collaborative environments.
- Needs to seek professional support to improve empathy, team sensitivity, and active listening.



2. Avoiding – The Quiet Protector

Core Conflict Approach:

To withdraw, deflect, or delay confrontation to maintain emotional safety, avoid escalation and preserve harmony.

Deeper Description:

Avoiders fear emotional messiness or discomfort. They prioritize peace, space, and avoiding drama. Silence, distraction, or emotional distance are often their coping strategies. However, avoidance doesn't mean they don't care—it means they feel overwhelmed or powerless in conflict.

How They Navigate Conflict:

- Disengage physically or emotionally.
- Change the subject, go silent, or “shut down.”
- Delay difficult conversations until they feel emotionally prepared.

Common Misunderstandings:

- Viewed as passive, indifferent, or non-confrontational.
- Others may believe they don't care when in fact they're overwhelmed.

Weaknesses:

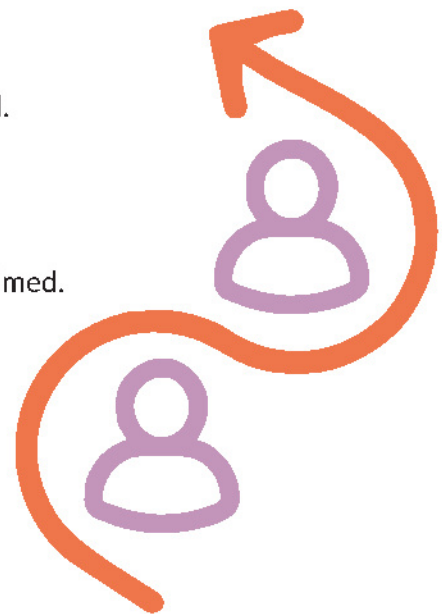
- Ghosting or emotionally withdrawing.
- Letting issues fester silently.
- Bottling resentment.
- Passive-aggressiveness.
- Avoiding responsibility for the conflict.

Healing Practice:

- Practice micro-confrontations: small, honest statements that build courage.
- Learn that avoidance creates deeper conflict later.
- Regulate nervous system before entering hard conversations.
- Set boundaries without emotional disappearance.

Leadership & Work Style:

- Creates calm, stable environments and avoids unnecessary drama.
- Excels in roles that require diplomacy or solo work.
- Struggles with urgent feedback, difficult conversations, or high-pressure decision-making.
- Needs systems of accountability to ensure nothing important gets buried or delayed.



3. Accommodating – The Peacekeeper

Core Conflict Approach:

To preserve harmony by yielding, surrendering and prioritizing others' needs above their own.

Deeper Description:

Accommodators are deeply relational. They often de-escalate conflict quickly by giving in, changing themselves, or minimizing their feelings. They feel secure when others are happy—but insecure when needs collide. They confuse peacekeeping with peace building.

How They Navigate Conflict:

- Say "it's fine" even when it's not.
- De-escalate disagreements to keep others calm.
- Suppress their opinions and preferences to make others feel safe.

Common Misunderstandings:

- Seen as pushovers or emotionally dependent.
- Others may assume they agree, when they're just avoiding rejection.

Weaknesses:

- Self-betrayal to avoid conflict.
- Chronic people-pleasing.
- Resentment from being overlooked.
- Internalizing pain instead of expressing it.
- Emotional burnout from over-giving.

Healing Practice:

- Validate and honour your own emotions and needs as much as others'.
- Speak small truths and build from there.
- Learn that disagreement ≠ rejection.

Leadership & Work Style:

- Brings unity, emotional harmony, and morale to teams.
- Excels in support roles, client service, and team integration.
- Struggles with being the authority, boundary-setting, or taking unpopular stances.
- Needs to seek professional support to develop assertiveness and strategic thinking.



4. Compromising – The Fair Negotiator

Core Conflict Approach:

To reach quick, balanced resolutions by giving something up to gain something in return.

Deeper Description:

Compromisers are solution-driven and practical. They believe in fairness and mutual respect, and don't mind sacrificing a little to maintain flow. But constant compromise can water down their values, or lead to short term fixes that don't address root issues.

How They Navigate Conflict:

- Seek middle ground early.
- Focus on shared goals and what's "good enough."
- Mediate or suggest split decisions to ease tension.

Common Misunderstandings:

- Can be seen as lacking conviction or depth.
- May be pressured into deals that don't fully serve anyone.

Weaknesses:

- Settling for less to avoid discomfort.
- Rushing resolutions without depth.
- Using compromise as emotional avoidance.
- Tolerating imbalances too long.
- Creating surface-level peace while deeper problems grow.

Healing Practice:

- Reassess when a "win-win" becomes a "lose-lose."
- Set clear boundaries on what is non-negotiable.
- Don't negotiate your needs down to feel less selfish.
- Speak with clarity, not just diplomacy.

Leadership & Work Style:

- Excellent in mediation, team alignment, project management, and diplomacy.
- Values shared success and mutual outcomes.
- Can struggle with decisive leadership or taking bold action.
- Needs to seek professional support to develop boldness, long-term thinking, and assertive leadership.



5. Collaborating – The Integrative Bridge Builder

Core Conflict Approach:

To dig deeper, include all perspectives, and find a solution that fully satisfies everyone involved.

Deeper Description:

Collaborators believe conflict is an opportunity for growth. They engage with curiosity and care, seeking solutions that preserve relationship and achieve results. They are thoughtful, slow to react, and ask powerful questions—but may over complicate or exhaust themselves seeking perfect alignment.

How They Navigate Conflict:

- Invite others to share openly.
- Explore root issues, not just surface complaints.
- Seek solutions that benefit everyone in the long term.

Common Misunderstandings:

- Seen as overly idealistic or slow to resolve conflict.
- May unintentionally exhaust others who want quick answers.

Weaknesses:

- Over-analyzing everyone's needs and nothing gets done.
- Avoiding hard truths in pursuit of ideal solutions.
- Burning out trying to make everyone happy.
- Delaying decisions for consensus.
- Losing momentum in over-discussion.

Healing Practice:

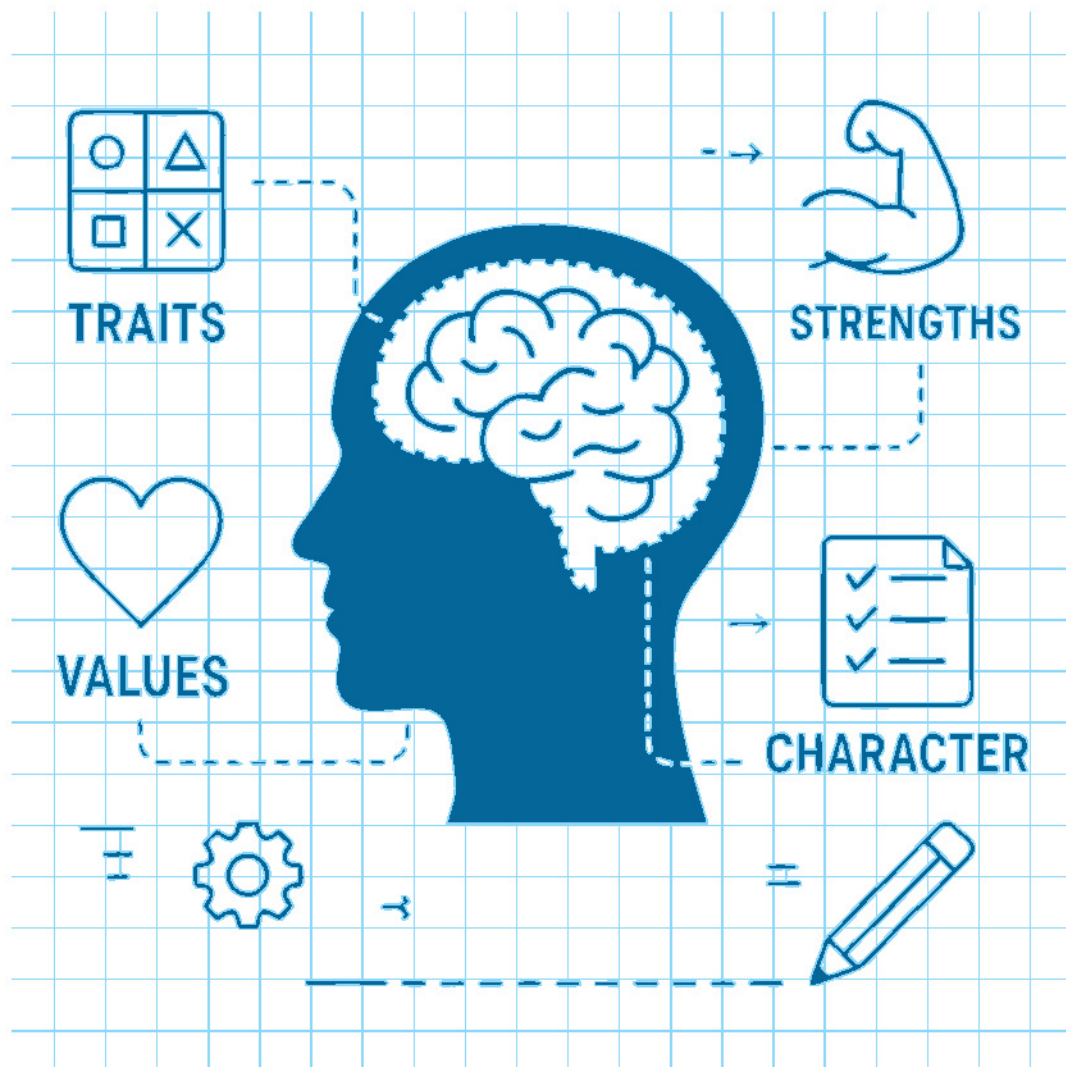
- Accept that not all situations need deep processing.
- Choose progress over perfection.
- Set emotional boundaries when collaboration becomes draining.
- Use your gift of empathy with decisiveness.

Leadership & Work Style:

- Thrives in innovation, leadership development, counseling, and strategic roles.
- Excels at building unified teams and visionary plans.
- Struggles with speed, pressure, or high-conflict environments.
- Needs professional support around energy management and executive decision-making.



The Paradigm Personality Blueprints™ – Complete Integrated Framework



The Paradigm Personality Blueprints™ – Complete Integrated Framework

The 2 Paradigm Personality Blueprints™

Each blueprint reflects natural preferences and no one is only introverted or extraverted. This is a spectrum, and most people use both preferences depending on context. However, knowing your dominant orientation provides a powerful foundation for personal growth, leadership, relationships, and communication.

Understanding Extraversion (E) and Introversion (I)

The Paradigm Personality Blueprints identify a person's primary source of energy and the direction in which their energy naturally flows.

This dimension is not about social skills or shyness, as often misunderstood. Instead, it relates to how people recharge, where they direct their focus, and how they process experiences.



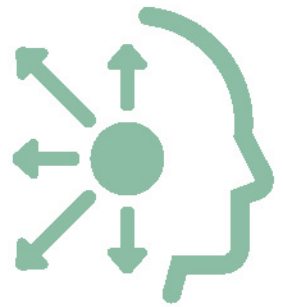
Extraversion (E) – Energized by the Outer World

Definition:

Extraversion refers to a preference for focusing on the external environment – people, objects, activities, and events. Extraverts draw energy from interacting with others and being active in the outer world.

Key Characteristics:

- Thrives on social interaction, group activities, and lively environments.
- Are often talkative, expressive, and outwardly enthusiastic.
- Prefers action over reflection – they often think out loud.
- Learns best through experiencing, engaging, and discussing.
- Tends to be outward-focused, noticing what's happening around them.
- Feels energized after being around people and drained by too much solitude.
- Often initiates conversations, projects, and social gatherings.



Examples of Extraverted Preferences:

- A leader who gains momentum from rallying a team.
- A coach who processes ideas aloud and loves engaging with a group.
- A therapist who draws energy from client sessions and collaborative environments.

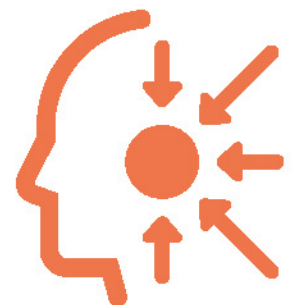
Introversion (I) – Energized by the Inner World

Definition:

Introversion refers to a preference for focusing on the internal world of thoughts, reflections, and ideas. Introverts draw energy from solitude, inner clarity, and meaningful one-on-one interactions.

Key Characteristics:

- Prefers quiet, calm environments with minimal stimulation.
- Are often reserved, thoughtful, and introspective.
- Thinks deeply and carefully before speaking or acting.
- Learns best through reflection, reading, and observation.
- Tends to be inward-focused, noticing their thoughts and inner reactions.
- Feels drained after long social interactions, needing alone time to recharge.
- Often responds rather than initiate in social situations.



Examples of Introverted Preferences:

- A strategist who works best alone, formulating detailed plans before presenting.
- A counselor who prefers deep one-on-one sessions over group discussions.
- A writer or creator who processes emotions through journaling or quiet reflection.

Why It Matters: The Impact of Understanding E vs. I

1. Improved Self-Awareness and Self-Care

Understanding your preference helps you:

- Recognize when you're naturally thriving or when you're drained.
- Set boundaries that protect your energy.
- Choose environments and routines that align with how you recharge.

Example: An introvert in a high-stimulation office may need quiet breaks. An extravert working remotely may need intentional social time to feel energized.

2. Better Communication and Relationship Dynamics

Different energy preferences create different communication styles:

- **Extraverts** tend to be spontaneous, verbal processors.
- **Introverts** tend to be thoughtful, internal processors.

3. Effective Teamwork and Leadership

When managing or coaching a team:

- Know that **extraverts** may need engagement, feedback, and fast-paced discussions.
- Know that **introverts** may prefer written communication, structured meetings, and time to prepare.

Real-Life Example: A project kickoff with too much fast talk may overwhelm an introvert, while a silent, data-heavy rollout may disengage an extravert.

4. Understanding Misunderstandings

Many interpersonal conflicts arise simply from not understanding this core difference:

- Extraverts may view introverts as distant, cold, or uninterested.
- Introverts may view extraverts as overwhelming, loud, or superficial.

Recognizing that both are equally valid and valuable helps build empathy, respect, and trust.



The Paradigm Social, Emotional & Relevancy Quotient Framework

Paradigm SERQ™



The Paradigm Social, Emotional & Relevancy Quotient Framework | Paradigm SERQ™

This framework explains three vital dimensions of personal and interpersonal effectiveness: Emotional Intelligence (EQ), Social Intelligence (SQ), and Relevancy Quotient (RQ). Each section includes core competencies, deeper explanations, toxic traits (shadow expressions), healing or growth practices, and how these show up in leadership and professional roles.

1. Emotional Quotient (EQ) – The Inner Compass

Core Function:

The ability to recognize, understand, manage, and express your emotions effectively while navigating emotional situations with resilience.

Deeper Description:

EQ begins with self-awareness and matures into self-regulation, empathy, and emotional mastery. Those with high EQ can identify emotional triggers, calm themselves in tense moments, and express feelings in constructive ways.

Key Competencies: (High / Medium EQ)

- Self-Awareness.
- Self-Management.
- Emotional Expression.
- Emotional Resilience.
- Empathy.
- Motivation (Emotional Drive).

Weaknesses: (Medium / Low EQ)

- Emotional outbursts or suppression.
- Avoiding feelings or denying emotions.
- Over-identifying with negative emotions.
- Manipulating others emotionally.
- Difficulty staying regulated under stress.

Healing/Growth Practices:

- Daily check-ins with your emotional state.
- Journaling emotional triggers and wins.
- Breathwork or grounding in emotionally charged moments.
- Practicing vulnerability in safe relationships.

Leadership & Work Style:

- High EQ leaders are emotionally attuned, approachable, and inspiring.
- They build psychological safety, resolve conflicts with maturity, and lead with empathy.
- Without EQ, leaders may create reactive, high-conflict environments.



2. Social Quotient (SQ) – The Relational Bridge

Core Function:

The ability to understand, navigate, and influence the social dynamics and emotional environments around you.

Deeper Description:

SQ involves reading nonverbal cues, understanding group behavior, and adapting communication based on context. It's about social timing, cultural sensitivity, relationship-building, and interpersonal empathy.

Key Competencies: (High / Medium SQ)

- Social Awareness.
- Verbal and Nonverbal Communication.
- Adaptability in Social Settings.
- Relationship Management.
- Influence and Persuasion.
- Group Awareness (Team Dynamics).

Weaknesses: (Medium / Low SQ)

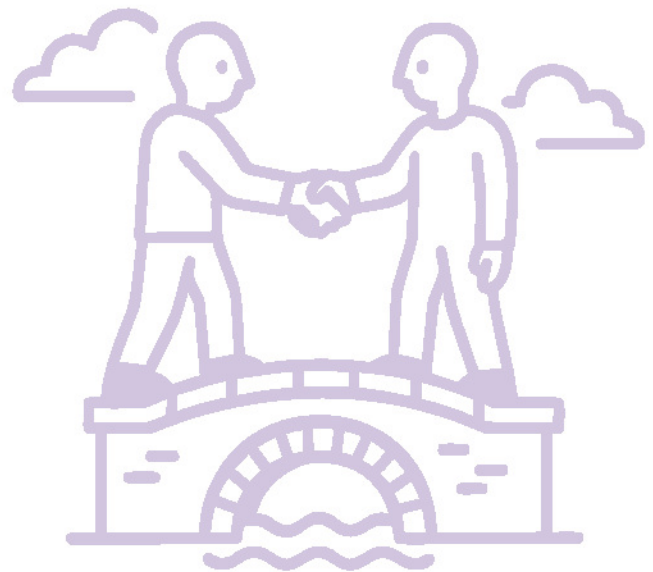
- Social anxiety or overcompensation.
- People-pleasing or approval-seeking.
- Manipulating social dynamics for control.
- Poor listening or dominating conversations.
- Inability to read tone, energy, or group needs.

Healing/Growth Practices:

- Observe body language and tone during interactions.
- Practice deep listening without rehearsing a response.
- Step into different social contexts for stretch and growth.
- Request feedback from safe people to build awareness.

Leadership & Work Style:

- High SQ leaders build loyal teams and strong networks.
- They are emotionally intelligent collaborators who uplift group morale.
- Low SQ may lead to poor team dynamics, miscommunication, or fractured trust.



3. Relevancy Quotient (RQ) – The Adaptive Intelligence

Core Function:

The capacity to stay useful, adaptable, and future-ready by learning, unlearning, growing, and pivoting in a changing world.

Deeper Description:

RQ reflects your ability to evolve. It measures how well you respond to change, how open you are to feedback, and how quickly you apply what you learn. It's not about what you know—but about how you adapt, reinvent, and stay relevant.

Key Competencies: (High / Medium RQ)

- Openness to Growth.
- Feedback Responsiveness.
- Unlearning Outdated Beliefs.
- Agility Under Pressure.
- Learning Mindset.
- Courage to Change.

Weaknesses: (Medium / Low RQ)

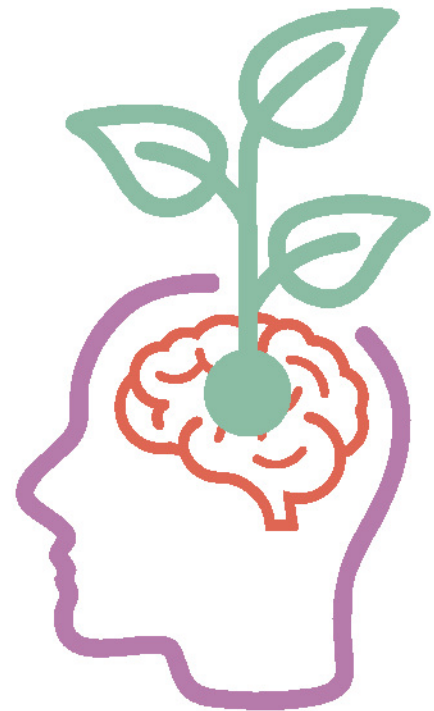
- Rigidity or resistance to change.
- Arrogance or thinking "I already know this".
- Stagnation in roles, relationships, or beliefs.
- Fear-based procrastination.
- Defensiveness around feedback.

Healing/Growth Practices:

- Monthly skill or mindset upgrades (books, courses, podcasts).
- Practice asking: "What do I need to unlearn here?"
- Take on feedback as a mirror, not a weapon.
- Celebrate small pivots and micro-evolutions.

Leadership & Work Style:

- High RQ leaders innovate, adapt, and lead through disruption.
- They future-proof their teams by fostering agility and curiosity.
- Low RQ leaders resist change, rely on outdated methods, and block team growth.



Final Integration

- EQ governs your inner world (emotions, reactions, regulation).
- SQ governs your external world (relationships, influence, connection).
- RQ governs your evolution (growth, adaptability, future impact).

The most effective individuals and leaders integrate all three to remain emotionally grounded, socially connected, and strategically relevant.

Paradigm SERQ™ Scores: Interpretive Guide

1. Social Quotient (SQ)

Your ability to understand, respond to, and navigate social interactions and environments.

High Social Quotient

- Reads verbal and non-verbal cues with ease.
- Builds rapport quickly in group settings.
- Skilled at active listening and empathetic engagement.
- Resolves social tension calmly and constructively.
- Adapts well to different people and social environments.

Application Tip: You are highly attuned to social dynamics. Use this strength in leadership, team settings, or any role that requires influence, empathy, and connection.

Moderate Social Quotient

- Understands most social cues but may miss subtle ones.
- Can collaborate well but sometimes avoids discomfort.
- Struggles in unfamiliar or high-pressure social settings.
- Displays empathy but may fall short in follow-through.
- Can be hesitant in conflict resolution or feedback conversations.

Growth Opportunity: Practice deeper listening, engage in more unfamiliar group environments, and challenge yourself to address social discomfort with curiosity rather than avoidance.

Low Social Quotient

- Struggles to interpret social cues, body language, or tone.
- May withdraw from group settings or respond inappropriately.
- Finds it difficult to build or maintain healthy social bonds.
- Often avoids social responsibility or conflict resolution.
- May unintentionally create tension or be perceived as distant.

Growth Strategy: Start by observing social cues (eye contact, tone, posture), then intentionally ask for feedback from trusted people. Work with a professional to practice real-time response and empathy-building skills.



2. Emotional Quotient (EQ)

Your capacity to understand, regulate, and express your emotions—and respond appropriately to the emotions of others.

High Emotional Quotient

- Demonstrates consistent emotional self-awareness.
- Responds thoughtfully to emotionally charged situations.
- Regulates emotions under stress and maintains composure.
- Communicates feelings effectively and assertively.
- Builds strong emotional bonds and handles conflict with empathy.

Application Tip: This is a major advantage in personal and professional settings. Use it to mentor others, lead teams, and model calm leadership.

Moderate Emotional Quotient

- Aware of emotions but sometimes struggles to manage them.
- Occasionally reacts impulsively or withdraws when overwhelmed.
- Understands others but may not always respond with emotional depth.
- Can resolve conflict but might avoid emotionally intense conversations.
- Recognizes emotional patterns but may lack clarity around them.

Growth Opportunity: Strengthen your emotional vocabulary and reflection habits. Use journaling, mindfulness or consult a professional to increase regulation and intentional response.

Low Emotional Quotient

- Struggles to identify, understand, or manage personal emotions.
- Reacts impulsively or suppresses feelings under stress.
- Difficulty empathizing or connecting with others emotionally.
- Often misunderstands emotional tone in conversations.
- Conflict can escalate easily or be avoided altogether.

Growth Strategy: Begin by learning emotional labeling (e.g., “I feel disappointed” vs. “I’m fine”). Engage in feedback-rich environments and guided professional support to regulate emotion and build confidence in expressing it.



3. Relevancy Quotient (RQ)

Your ability to grow, adapt, unlearn outdated habits, and stay relevant in a changing world.

High Relevancy Quotient

- Embraces change and seeks innovation proactively.
- Curious, growth-oriented, and comfortable unlearning outdated ideas.
- Learns quickly and adapts behavior based on new information.
- Open to feedback—even if it challenges their beliefs.
- Leads transformation and inspires others to stay relevant.

Application Tip: Leverage this mindset to pioneer new ideas, adapt business models, or lead in volatile industries. You thrive in environments where growth is essential.

Moderate Relevancy Quotient

- Willing to grow, but occasionally resists discomfort or uncertainty.
- Curious but cautious about change or reinvention.
- Adapts over time but may need external pressure or motivation.
- Can cling to old ways and old routines even when it's no longer effective.
- Learns from experience, but may struggle to reframe outdated patterns.

Growth Opportunity: Begin tracking your resistance—what are you reluctant to change and why? Use mentorship, feedback, or structured learning to push past your current limits.

Low Relevancy Quotient

- Resists change and prefers comfort over growth.
- Holds on to outdated practices or beliefs despite clear shifts.
- Struggles to adapt when systems, technology, or relationships evolve.
- Defensive or closed off to feedback and self-disruption.
- Learning is passive or reactive, not proactive.

Growth Strategy: Start small—choose one area of your life to update, shift, or reframe. Join a peer group or consult with a professional to challenge fixed thinking patterns and embrace lifelong learning.



Paradigm Profile Plus™ Your Balanced Paradigm

The **Paradigm Profile Plus™** reveals how your inner patterns show up in everyday health, well-being, and balance. It connects deep psychological insights with practical lifestyle behaviors, giving you a clear and complete picture of your **Paradigm Balance™**.

Balanced Dimension	Percentage Score (%)	What the Profile Shows
1. Emotional Balance	75 %	How you regulate feelings, handle stress, and balance your life.
2. Spiritual Balance	83 %	How aligned your life is with your values, beliefs, and sense of meaning.
3. Physical Balance	63 %	Your health habits like sleep, diet, exercise, and energy.
4. Social Balance	73 %	The quality and balance of your relationships and boundaries.
5. Financial Balance	73 %	Your stability, budgeting, debt management, and financial peace.
6. Occupational Balance	75 %	How fulfilled, balanced, and purpose-driven your work life is.
7. Intellectual Balance	75 %	Your curiosity, mental stimulation, and growth mindset.
8. Environmental Balance	70 %	Your connection with nature, physical spaces, and sustainability

Integration with Paradigm Profiles™

While the Paradigm Profiles™ explain how your mind works (the WHY) —
The Plus Profile shows how it's playing out in your real life (the HOW).

This combined view reveals:

Why you may struggle with consistency. What habits are sabotaging your health or progress.
How your thinking patterns affect emotional, physical, and social balance.
Where to begin to create sustainable change.

In Summary:

The **Paradigm Profile Plus™** shows: Where you're well-balanced and where you're not.
How your inner wiring is impacting your physical and emotional health.
What specific dimensions need attention.

Who Do You Know?

Who do you know that's stuck, searching for answers, or ready for change?
Who do you know that's meant to guide others?

Maybe it's someone close to you.
Maybe it's **you**.



About the Paradigm Profiles™

Powered by I Seek Help International™

What if one profile could change everything?

Your relationships.
Your purpose.
Your path forward.

The **Paradigm Profile™** isn't just another personality test.
It's a revolutionary tool that reveals how you think, how you connect, how you handle conflict — and how you can live and lead with alignment and clarity.

Created to bring together the best of neuroscience, psychology, behavior, and emotional intelligence, the **Paradigm Profile™** integrates:

- Thinking Preferences
- Personality Blueprints
- Connection Styles
- Conflict Styles
- SERQ
- Your Paradigm Balance™

This one-of-a-kind tool is used around the world by professionals who want to guide real transformation

A History of Helping People Help People

What began as a bold idea — to help people truly understand themselves and others — has become a global movement.

Through **I Seek Help International™**, the **Paradigm Profiles™** now empower professionals, clients, and communities to grow with confidence.

Every day, breakthroughs happen — not because of guesswork, but because of clarity.
And that clarity starts with the **Paradigm Profiles™**.



Do You or someone you know want to use the Paradigm Profiles™ in your practice or organisation?

What are the benefits or core advantages of becoming a Certified Practitioner?

- ✓ **High-impact work** – Help individuals, couples, teams, and leaders uncover their strengths and overcome personal blocks.
- ✓ **Multiple income streams** – Use the profile in private sessions, team workshops, relationship counseling, youth mentorship, leadership training, and more.
- ✓ **Instant credibility** – Set yourself apart with a tool few others have access to.
- ✓ **Done-for-you resources** – Everything you need to start immediately: training, templates, professional support guides, and client materials.
- ✓ **Ongoing support** – Join a global network of like-minded professionals with training, masterminds, and community check-ins.

Who Is This For?

- Life Coaches & NLP Practitioners.
- Counselors, Psychologists & Therapists.
- Educators & Youth Mentors.
- HR Professionals & Leadership Training.
- Wellness Practitioners.
- Church Leaders, Faith-Based Therapy & Counselling.
- Anyone who helps people grow.

If you want to make a real difference in people's lives — and turn it into a purpose-driven business — this is for you.

What Makes It Different?

Unlike anything else on the market, the **Paradigm Profile™** brings together the most important aspects of human behavior into a **single, integrated assessment**. It gives you the **language, tools, and insights** to guide people through clarity, connection, and personal breakthroughs.

This isn't just a test.
It's a **transformational business model**.
And it works.

What Practitioners Are Saying

- "I use the Paradigm Profile™ in every session now. It's a game changer."
- "This tool gave me the confidence to launch my own practice."
- "I've used it with CEOs, teenagers, couples — and every time, they're blown away."
- "I've never seen clients feel so understood, so fast."



Take the First Step

Do your own Paradigm Profile™

and experience the breakthrough yourself.

Connect with a certified practitioner

and get the guidance you've been searching for.

Or become a Paradigm Practitioner™

and help others while building a meaningful, thriving business.

You're not stuck.

You just haven't seen your profile yet.

Ready to start your journey?

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