


Hello fellow Type Practitioners,

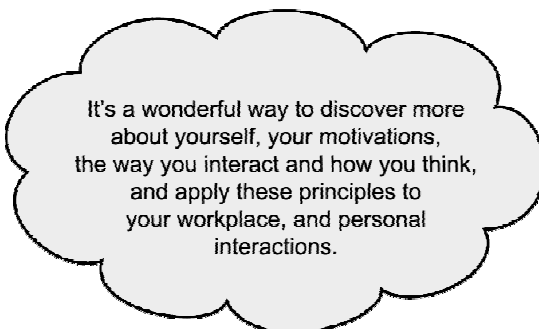
The quotes contained in this letter are from three participants who recently completed the April 2008 Brisbane Interstrength Training program.

And what a wonderful program it was!

Participants were certainly eager for the training – yet really didn't know what to expect. While personal Self-Discovery is the acknowledged theme of the program, the multi-model and best-fit concepts are its backbone. As mentioned in one of the testimonials, all of the models explored were grounded in systems and communication theories, and participants came away from the program with a thorough understanding of the 16 type, Temperament and Interaction Style patterns as well. It is a privilege to work with Linda Berens to bring her Interstrength training to Australia.



The Interstrength Training Program, with its multiple model approach to self-discovery and its application to leadership, team and personal development, is truly an advancement in this field



It's a wonderful way to discover more about yourself, your motivations, the way you interact and how you think, and apply these principles to your workplace, and personal interactions.

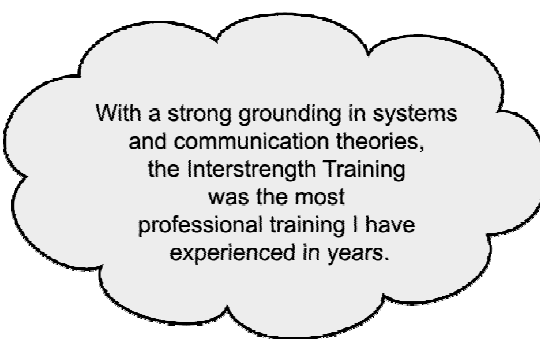
All participants were surprised and pleased to receive the detailed Facilitators Guide and Power Point CD at the conclusion of the program.

Though the four-day program was intensive and challenging, participants easily sustained their energy levels throughout each day.

Because of the resounding success of this April program, Dan Foster and I will conduct a second Brisbane Interstrength program in mid July. In August we will be offering the Interstrength program in Perth. If you are already qualified in Personality Type theory your knowledge will be substantially enriched, if you are new to Type you will gain valuable understanding and international qualification to use the exciting new generation tools of Personality Type.

I would like to encourage you and your colleagues to participate in one of these upcoming programs.

Interstrength Training Program  
Brisbane: July 17, 18 and 21, 22  
Perth: August 19, 20, 21, 22



With a strong grounding in systems and communication theories, the Interstrength Training was the most professional training I have experienced in years.

If you have any specific questions regarding the program and to register your interest, please contact me on 0411 255 434 or [Anne@RussellSynergies.com.au](mailto:Anne@RussellSynergies.com.au) or [Austraining@interstrength.com](mailto:Austraining@interstrength.com)

Cheers,  
Anne Russell  
Interstrength Associates