

PERSONAL GROWTH CONSULTING

Know Yourself. Grow Yourself.

A one-time, personality-based growth session that turns a personality assessment into a clear, practical plan you can actually follow — and a guided conversation to make sure it fits your real life.

Who This Is For

For anyone who has taken a personality test, nodded along to the description, and then closed the tab without doing anything about it. This service exists for the gap between insight and action — between knowing your type and knowing what to do with it.

- People who want to understand their patterns — in work, relationships, or self-discipline — without months of open-ended therapy-style talk.
- People who learn best with structure: a test, a plan, a tracker, a follow-up — not vague encouragement.
- People starting a growth journey who want one clear, well-designed first step rather than an overwhelming list of things to fix.

How It Works

A single guided journey in three parts — assessment, plan, and reflection — completed in one consulting cycle.

Step 1 — Discover Your Type

Before your session, you'll complete a personality assessment (MBTI-based). This gives us a shared language for how you think, decide, and grow — and a starting point that's about you, not generic advice.

- Client completes the personality test independently, in their own time.
- Results are reviewed by your consultant ahead of the session — no time wasted re-explaining your own results to you.

Step 2 — Your Personal Growth Plan

Using your personality results, your consultant builds a personalized growth plan ahead of your session — designed around your specific type, not a one-size-fits-all worksheet.

- A clear focus area, chosen from your personality profile's natural growth edge.
- A practice guide: simple, specific actions matched to how your type actually learns and changes.
- A tracker to follow your progress after the session — built so you can see movement, not just intentions.

Step 3 — Review & Reframe Session

A live one-on-one session where your consultant walks through your results and plan with you — checking that it actually fits your life, not just your test score.

- Review your personality results together and discuss what genuinely resonates (and what doesn't).
- Reframe any patterns that feel limiting into a growth-oriented perspective you can work with, not against.

- Walk away with a finalized practice guide and tracker, and clarity on your very next step.

What You Walk Away With

- Your personality profile, interpreted specifically for your growth — not a generic report.
- A personal growth plan built around your actual patterns.
- A practice guide with concrete, type-matched actions.
- A tracker to measure your own progress going forward.
- One guided session to make sure none of it stays theoretical.

Session Flow at a Glance

Stage	What Happens	Deliverable
1. Test	Client takes the personality assessment independently	Personality type result
2. Plan	Consultant builds a personalized growth plan from results	Growth plan, practice guide, tracker (draft)
3. Session	Live 1:1 review and reframe session	Finalized plan + clarity on next steps

Why Growing Glowing

Growing Glowing exists for the soft-skill side of growth — emotional intelligence, self-awareness, and personal development — built by Edsecutor Education with the same care for structure and substance that shapes our hard-skills work. This service is intentionally small in scope: one assessment, one plan, one session. No long-term commitment, no overwhelming program. Just a well-built first step toward knowing yourself better — and a plan you'll actually use.

Growing Glowing · by Edsecutor Education

Personal growth, made personal.