

# Table of Contents

|                 |  |           |
|-----------------|--|-----------|
| <b>PART 1:</b>  | <b>ABOUT THIS REPORT .....</b>                       | <b>1</b>  |
| <b>PART 2:</b>  | <b>INTRODUCTION TO THE STRIVING STYLES .....</b>     | <b>3</b>  |
| <b>PART 3:</b>  | <b>A NEEDS-BASED APPROACH .....</b>                  | <b>4</b>  |
| <b>PART 4:</b>  | <b>FOUR QUADRANT MODEL OF THE BRAIN.....</b>         | <b>6</b>  |
| <b>PART 5:</b>  | <b>HOW BEHAVIOR IS INFLUENCED BY EMOTIONS .....</b>  | <b>10</b> |
| <b>PART 6:</b>  | <b>OVERVIEW OF THE ROLES OF THE 8 STYLES.....</b>    | <b>13</b> |
| <b>PART 7:</b>  | <b>LEADERSHIP STYLE OF EACH STRIVING STYLE .....</b> | <b>16</b> |
|                 | Leader.....  | 17        |
|                 | Intellectual.....                                    | 23        |
|                 | Performer .....                                      | 29        |
|                 | Visionary .....                                      | 35        |
|                 | Socializer .....                                     | 41        |
|                 | Artist.....  | 47        |
|                 | Adventurer .....                                     | 53        |
|                 | Stabilizer .....                                     | 59        |
| <b>PART 8:</b>  | <b>DEVELOPING A LEADER'S WHOLE BRAIN.....</b>        | <b>65</b> |
| <b>PART 9:</b>  | <b>SOME FINAL THOUGHTS.....</b>                      | <b>70</b> |
| <b>PART 10:</b> | <b>THE CREATION OF THE STRIVING STYLES.....</b>      | <b>72</b> |

**Y**ou'll find lots of other resources to develop leaders, teams and employees at [StrivingStyles.com](http://StrivingStyles.com).