



ILLINOIS FIRE SERVICE
ADMINISTRATIVE PROFESSIONALS



Welcome to

Takecare



**MAUREEN O'BRIEN, CEO, MOF
O'BRIEN & SON, INC.**

www.maureenobrienspeaks.com





DE-STRESS



Living in Wellness, Dr. Gary Flint
Wisdom (left hand)/Action-right hand
Action (right hand)

Herrmann Brain

Dominance Instrument

Quadrant A

- **analytical**
- **logical**
- **factual**

Quadrant D

- **vision**
- **artistic/creative**
- **holistic**

Quadrant B

- **sequential**
- **organized**
- **planned**

Quadrant C

- **feelings**
- **interpersonal**
- **symbolic**

(HBDI)

Figures

Future

Forms

Feeling

GREAT
JOB!

YOU
ROCK!



YO-MO MO-JO

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