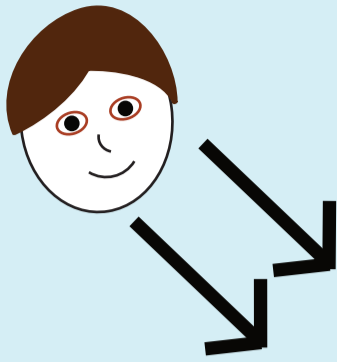


# Hunter: Single Focus



**Purpose: Survival**

**Hunting is Masculine** in that it's fueled by testosterone. Men have 16X more testosterone than women.

**Found In: Men and Women**

**Track Vision**

Good for tracking objects at fast speeds.

**Attention** screens out anything irrelevant to the "Plan" to achieve a singular Result.



May become **Frustrated** when we do not have the resources to produce the Result.

**Position**

Committed to producing the Result - "On a Mission."

**What Support Looks Like:**

Get behind the Plan to achieve the Result.

**Ask:** "How do I support your plan?"

**What Makes It Worth It?**

Positive cost/benefit analysis of investment of time, money, resources, mental & emotional energy.

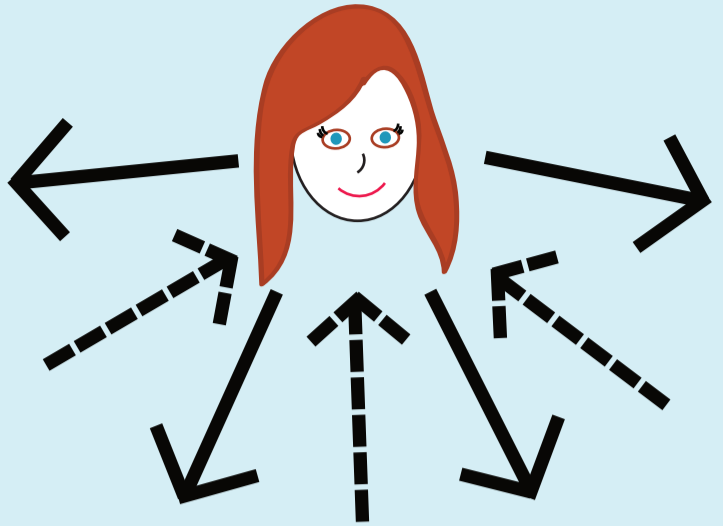
**Understanding:**

May **APPEAR** oblivious, forgetful, uncaring.

**Ask:** "May I interrupt?"

**It's JUST Single Focus.**

# Gatherer: Diffuse Awareness



**Purpose: Survival**

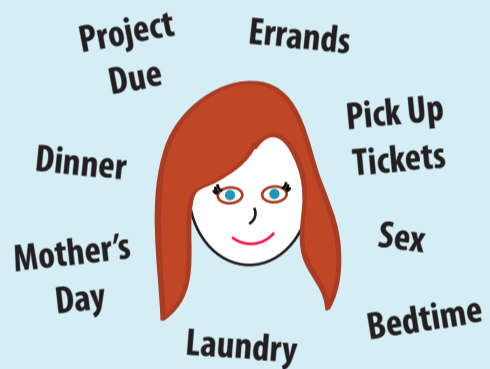
**Gatherer is Feminine** but not softer or gentler. Too much testosterone makes women tired.

**Found In: Women and Men**

**Scan Vision**

Good for finding items in an area.

**Attention** notices the physical, emotional & mental state of E.V.E.R.Y.T.H.I.N.G.



May become **Overwhelmed** when we take in too much and can not process it all.

**Position**

Open to options, flexible - "Anything will do..."

**What Support Looks Like:**

Do something, be pleasant company or give me space.

**Ask:** "How can I support you in doing what you need to do?"

**What Makes It Worth It?**

A sense of peace & quiet when it's done and the environment is calm.

**Understanding:**

May **APPEAR** scattered, forgetful, disorganized.

**Ask:** "What's first?"

**It's JUST Diffuse Awareness.**

*To learn more or to sign up for the next topic, email [sarah@sparklingresultscoaching.com](mailto:sarah@sparklingresultscoaching.com).*