



Mental Wellness Hub
Where Minds Matter

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Personality Trait Screening

Assessment Overview

Personality Trait Screening includes four standardized assessments, giving a well-rounded picture of personality traits and patterns relevant to daily life.

What's Included

- 4 standardized assessments
- A full written report of findings
- A 30-minute debriefing session to review results and answer questions

How Testing Is Completed

Completed Online — On Your Own Time 2 assessments	Completed In-Office or via Zoom 2 assessments
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Online Assessments (Self-Paced)

Two of the four assessments are completed independently, online, at a time that works best for the client — no appointment needed for this portion.

In-Office or Zoom Session

The remaining two assessments are completed either in person at the office or remotely via Zoom, depending on client preference.

Results & Debriefing

Once testing is complete, a full report is prepared summarizing the findings. A 30-minute debriefing session is then scheduled to walk through the results together and address any questions.