

MULTIPLE CHOICE

QUIZ

*When you picture yourself leading,
what do you imagine?*

- A. Guiding deep, honest group conversations
- B. Hosting immersive retreats in beautiful settings
- C. Speaking on stage or leading online summits
- D. Running a community space where events happen regularly

Which word best describes how you want to impact others?

- A. CONNECTION
- B. TRANSFORMATION
- C. VISIBILITY
- D. LEGACY

What kind of time commitment feels aligned for your lifestyle right now?

- A. A few hours a month
- B. A few weekends a year
- C. Monthly event cycles
- D. Long-term with growth cycles

Where do you feel most confident?

- A. Listening and holding space
- B. Designing transformational experiences
- C. Speaking, presenting, or mentoring
- D. Organizing, building systems, and hosting others



What are you craving most in your leadership journey?

- A. Sisterhood and shared conversation
- B. Spiritual and emotional depth
- C. Amplifying your voice and message
- D. Ownership, structure, and support

Which of these makes your heart say YES? I want to:

- A. create a safe space where women can share and be seen
- B. help women release, heal, and transform
- C. get their stories out into the world
- D. create my legacy and be part of a global community

Have you led in any capacity before?

- A. I've held small spaces or informal gatherings
- B. I've facilitated or helped with events before
- C. I've spoken, coached, or mentored others
- D. I've managed projects or built something from the ground up

Do you want to generate income from this path?

- A. Yes, but I want to ease in
- B. Yes, as part of a personal brand
- C. Yes, through events or programs
- D. Yes, this is a business and leadership role



What scares you the most about stepping into leadership?

- | | |
|---------------------------------------|---|
| A. Not being qualified enough | C. Being too visible or not sounding polished |
| B. Holding space for others' emotions | D. The logistics and long-term commitment |

What excites you the most?

- | | |
|---|--|
| A. Facilitating meaningful group connection | C. Sharing stories that change lives |
| B. Leading transformation and healing | D. Creating a platform and community hub |

Results (Tally Answers):

- **Mostly A's → Circle Facilitator**

You're a natural space holder who thrives in intimate, meaningful conversations. Start with Circle Facilitation to lead from presence and compassion.

- **Mostly B's → Retreat Facilitator**

You're ready to create powerful, embodied experiences. Retreat Facilitation will allow you to lead healing and growth-centered journeys.

- **Mostly C's → ShelsMe Speaks! Facilitator**

You're called to use your voice, mentor other speakers, and host storytelling events. You belong in front of the mic and behind the scenes.

- **Mostly D's → Studio Owner**

You're ready to build something bigger—a physical or virtual hub that becomes a home for ShelsMe leadership and transformation in your community.

