



# **MASTER YOUR SUPERPOWERS**



## ***CORPORATE TRAINING CURRICULUM***

Unlocking Communication, Collaboration, and Leadership  
Through the Five Element Personality System.

# WHAT IS MASTER YOUR SUPERPOWERS?

**Master Your Superpowers (MYS)** is a personality assessment and communication training system developed by **Alice Inoue** and refined through work with organizations ranging from small teams to global companies.

Using the **Five Elements framework**, the system helps individuals understand their natural strengths, communication styles, and stress patterns while giving teams a shared language for understanding personality dynamics.

Unlike traditional personality assessments, **MYS** focuses on practical communication tools and everyday workplace application, enabling teams to immediately use what they learn to improve collaboration and reduce misunderstanding.

## WHY MASTER YOUR SUPERPOWERS?

Many personality assessments offer interesting insights, but they often fall short in practical application.

Organizations frequently encounter four common challenges:

- 1. People forget their results** soon after taking the assessment.
- 2. Individuals struggle to explain** their personality style to others.
- 3. Most assessments do not teach** practical communication strategies.
- 4. Insights rarely translate** into everyday workplace behavior.

**Master Your Superpowers** was designed specifically to address these limitations by providing a memorable elemental framework and practical tools for improving communication and collaboration.

For a deeper understanding of the research and philosophy behind the **MYS** system, we invite you to read the full white paper available on our website.



# THE MASTER YOUR SUPERPOWERS MODEL

The MYS system is based on the Five Elements philosophy, which recognizes five core personality energies:

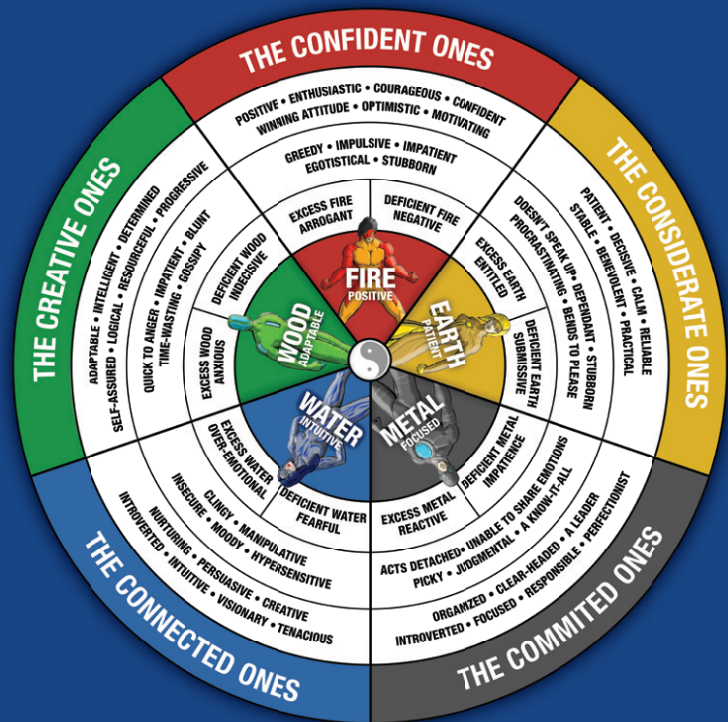
**WOOD**

**FIRE**

**EARTH**

**METAL**

**WATER**



Each person expresses a primary element and a secondary element, creating a unique interaction style that shapes communication, decision-making, and leadership tendencies.

These combinations form twenty elemental interaction styles, each representing a distinct way individuals contribute to teams and organizations.

This framework provides a shared language for understanding personality differences and navigating workplace dynamics.

## ELEMENTAL STRENGTHS AND WEAKNESSES

Each element carries natural strengths, as well as tendencies that can appear when individuals are under pressure.

The MYS system helps participants understand:

1. **Their superpowers** (natural strengths)
2. **Their saboteurs** (stress responses)
3. **How different elements interact in teams**
4. **How balance among the elements supports stronger collaboration**

By recognizing these patterns, individuals and teams learn how to leverage their strengths while expanding behaviors that support greater balance and effectiveness.

# THE MASTER YOUR SUPERPOWERS CURRICULUM

The curriculum is organized to guide participants from personal awareness to team dynamics and leadership application.

## CORE TRAINING MODULES

### Module 1

#### Foundations of the Five Elements Framework

Participants learn the philosophical foundation of the Five Elements framework and how elemental personalities influence behavior, motivation, and communication.

### Module 2

#### Identifying Your Elemental Superpowers

Participants identify their primary and secondary elements and explore the strengths and natural tendencies associated with their elemental personality in both work and life.

### Module 3

#### Elemental Communication Dynamics

Participants learn how each element supports or challenges the other elements and how different elemental styles influence teamwork, collaboration, and decision-making.

### Module 4

#### Superpowers and the Elemental Saboteur

Participants explore how elemental strengths can become challenges under stress and how elemental imbalance influences behavior and communication.

### Module 5

#### Applying the Elements in Team Environments

Participants explore how elemental personalities interact in real-world workplace situations and how the framework can improve collaboration, productivity, and team dynamics.

### Module 6

#### Restoring Elemental Balance Under Pressure

Participants learn how elemental patterns shift under pressure and how individuals and teams can restore balance when challenges arise.

# ADVANCED MODULES

## Module 7

### Elemental Assumptions and Communication Breakdowns

Participants examine how unconscious assumptions between elements create misunderstandings, conflict, and misinterpretation of intentions.

## Module 8

### Antifragility and Elemental Growth

Participants explore how each element grows stronger through challenge and pressure and how adversity can activate personal development and resilience.

## Module 9

### Elemental Leadership Styles

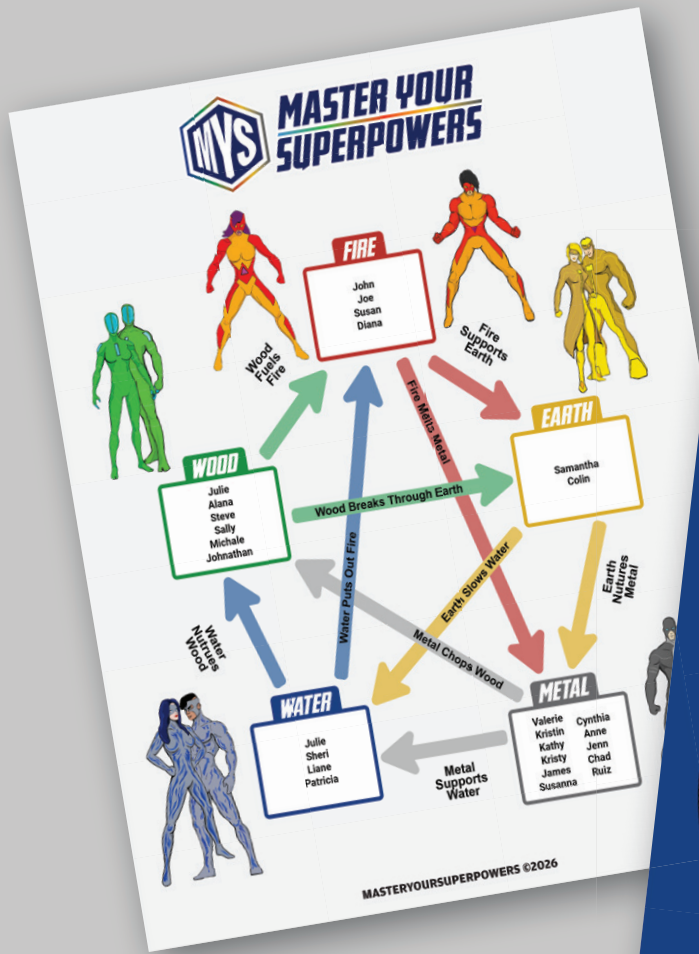
Participants explore how different elements lead, influence, and motivate others. The module also addresses how elemental saboteurs can trigger negative thinking patterns and how leaders can recognize and overcome them.

## Module 10

### Mastery of the Elemental Superpowers

Participants learn how to recognize elemental patterns across teams and organizations and how leaders can balance collective strengths to support collaboration, innovation, and performance.

PRIMARY ►	<b>WATER</b>	<b>WOOD</b>	<b>FIRE</b>	<b>EARTH</b>	<b>METAL</b>
SECONDARY ▼					
<b>WATER</b>		Wood - Water <b>LOGICAL VISIONARY</b>	Fire - Water <b>RADIANT PROVIDER</b>	Earth - Water <b>CALM CONNECTOR</b>	Metal - Water <b>FOCUSED VISIONARY</b>
<b>WOOD</b>	Water - Wood <b>RESOURCEFUL CREATOR</b>		Fire - Wood <b>SPONTANEOUS INITIATOR</b>	Earth - Wood <b>PATIENT SPEEDSTER</b>	Metal - Wood <b>EFFICIENT PRODUCER</b>
<b>FIRE</b>	Water - Fire <b>INTUITIVE LUMINARY</b>	Wood - Fire <b>INNOVATIVE IDEALIST</b>		Earth - Fire <b>LOYAL CHEERLEADER</b>	Metal - Fire <b>DEDICATED ENTHUSIAST</b>
<b>EARTH</b>	Water - Earth <b>REFLECTIVE CONFIDANT</b>	Wood - Earth <b>THRIVING MANIFESTOR</b>	Fire - Earth <b>ENERGETIC PROTECTOR</b>		Metal - Earth <b>MASTERFUL ALLY</b>
<b>METAL</b>	Water - Metal <b>CARING PERFECTIONIST</b>	Wood - Metal <b>FLEXIBLE RULE-MAKER</b>	Fire - Metal <b>WARM-HEARTED LONER</b>	Earth - Metal <b>RELIABLE ANALYST</b>	



## Team Element Mapping

In organizational programs, individual assessment results are combined to create a Team Element Map.

This visual representation reveals the dominant elemental energies within a team and highlights patterns that influence communication, collaboration, and leadership dynamics.

By examining the distribution of elements across the team, organizations gain insight into:

- **collective strengths**
- **potential blind spots**
- **communication patterns**
- **opportunities to strengthen collaboration**

# TRAINING FORMATS

The Master Your Superpowers program can be delivered in multiple formats depending on organizational needs.

## Basic Session (75–90 minutes)

**Modules 1–4:** Participants gain a high-level understanding of the Five Elements framework and how elemental personalities influence communication and collaboration. Individuals begin to recognize how they personally express the elements, gain insight into their coworkers' elemental tendencies, and explore how personality differences shape workplace interactions.

## Two-Hour Training

**Modules 1–6:** This format is the most common training length for organizations introducing the framework. Participants explore deeper personality dynamics, review team assessment results, and learn how elemental balance influences communication, collaboration, and team effectiveness. Practical strategies are introduced to help teams apply the system to improve workplace dynamics.

## Half-Day Training

**Modules 1–8:** This deeper exploration expands on the core concepts introduced in earlier modules. Participants examine elemental communication patterns, stress behaviors, assumptions between elements, and antifragility concepts. This session allows teams to explore real-world workplace scenarios and gain practical tools for strengthening collaboration and navigating personality differences.

## Full-Day Training

**Modules 1–10:** A comprehensive and interactive training experience covering the full Master Your Superpowers curriculum. Participants explore team dynamics, leadership styles, elemental assumptions, and strategies for restoring balance within teams and organizations. Interactive exercises and discussions help participants apply the framework to real workplace situations.

## Leadership Development Program

Multi-session training delivered over time, allowing organizations to explore the MYS framework in greater depth.

Programs may include customized module sequencing, team element mapping, leadership coaching, and deeper exploration of elemental leadership styles, antifragility, and organizational dynamics.

# THE OUTCOME

When individuals understand their elemental personality and how it interacts with others, teams gain a shared language for communication and collaboration.

## Organizations using the MYS system often report:

- improved communication
- greater appreciation of personality differences
- reduced workplace conflict
- stronger collaboration across teams

By combining personality insight with practical communication strategies, Master Your Superpowers helps organizations unlock the strengths already present within their teams.





**SOME OF THE ORGANIZATIONS THAT USE  
MASTER YOUR SUPERPOWERS:**



Prudential



ATHLETA

**POWER@MASTERYOURSUPERPOWERS.COM  
MASTERYOURSUPERPOWERS.COM**