

Type tips for gig workers



People of any MBTI type can enjoy gig work – if they leverage the strengths of their type and watch out for the pitfalls. Here are the likely strengths and some development tips for people with a preference for **Extraversion**.



Activist (ESTP and ESFP: Extraverted Sensing)

- Enjoy variety, new experiences, meeting new people
- Happy to take risks and take the initiative
- Energetic, optimistic and adaptable

Tips:

- Make sure that you do not overcommit and become overworked
- Look before you leap – will this new gig job meet your needs?
- Don't forget the admin – it does matter

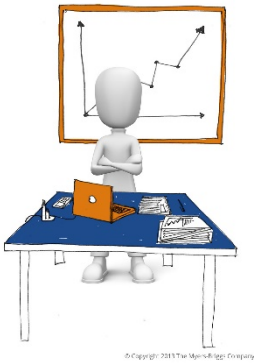


Explorer (ENTP and ENFP: Extraverted Intuition)

- More likely than most people to have a gig job
- Usually have a great deal of energy and enthusiasm
- Typically have a good work-life balance as a gig worker

Tips:

- Beware of deadlines, especially if you have several jobs on the go
- Avoid roles where you will spend a lot of time alone
- Find people or systems to help with jobs involving routine or detail



Director (ESTJ and ENTJ: Extraverted Thinking)

- Confident, assertive, aware of their capabilities
- Happy to take measured risks
- Less likely than most to be poorly paid or undervalued

Tips:

- You may not be able to change systems, or direct or control others
- Avoid alienating others by being too impatient
- Be prepared to step away from any specific gig job if necessary



Nurturer (ESFJ and ENFJ: Extraverted Feeling)

- Organised, conscientious, keen not to let people down
- Can therefore generally be relied on to deliver
- Less concerned with formal status, but needs to feel valued

Tips:

- Seek out support and people if the job does not supply this
- Try not to take criticism or rejection too personally
- Avoid taking too much on in order to help others

Type tips for gig workers

People of any MBTI type can enjoy gig work – if they leverage the strengths of their type and watch out for the pitfalls. Here are the likely strengths and some development tips for people with a preference for **Introversion**.

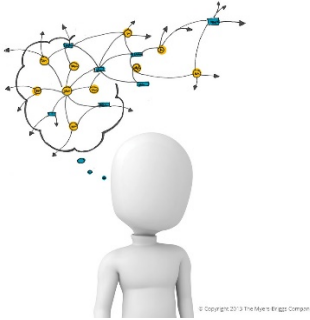


Conserver (ISTJ and ISFJ: Introverted Sensing)

- Organised, conscientious, sets mind to task at hand
- Will deliver on time and honour commitments
- Open to accepting a variety of work, including more routine tasks

Tips:

- Be prepared to take calculated risks
- Don't undersell yourself; think of and mention previous successes
- Build a trusted network who can suggest solutions or offer support

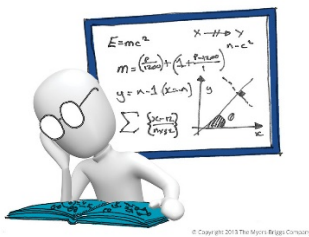


Visionary (INFJ and INTJ: Introverted Intuition)

- Less worried than most about the day to day insecurity of gig work
- Less concerned about the lack of status inherent in many gig roles
- Organised and methodical

Tips:

- Do not overthink the negative possibilities of your gig jobs
- Seek out a role with some long-term, underlying meaning
- At times you may need to be more assertive and less risk-averse



Analyst (ISTP and INTP: Introverted Thinking)

- Less concerned with the formal trappings of status
- Flexible, adaptable, open to new ideas and experiences
- Generally happy to work alone and in a transactional way

Tips:

- Don't neglect planning and admin – they do matter
- If you take too long to act on your decisions, you may miss out
- Avoid roles that are repetitive or routine if you can



Conscience (ISFP and INFP: Introverted Feeling)

- Less concerned than most about money or status
- Seeks out and enjoys work that has meaning and a deeper purpose
- More likely than most to have a gig job

Tips:

- Avoid jobs that lack meaning, or run counter to your values
- Be prepared to say “no”; avoid being taken advantage of
- Hustling for the next job is a necessary evil; don't put this off