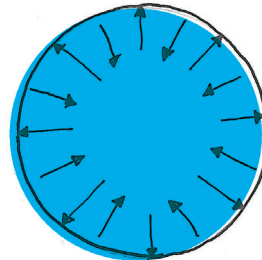
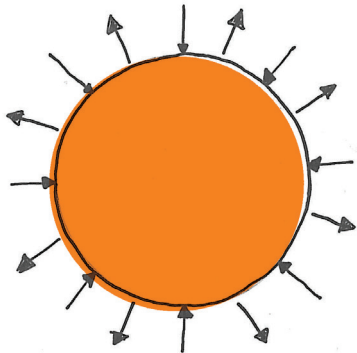


EXTRAVERSION



INTROVERSION

Where do you get your energy from?



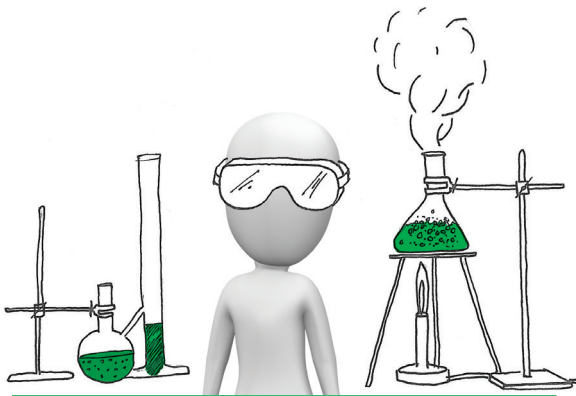
- > Tend to act before thinking
- > Prefer to get into action
- > Talk things through
- > More expressive when interacting
- > Gain energy from interaction
- > Have a breadth of interests

- > Tend to think before acting
- > Prefer to spend time on reflection
- > Think things through
- > More contained when interacting
- > Gain energy from concentration
- > Have a depth of interests

Remember, E-I is not about sociability or social confidence

S – N: Learning something new

How do you approach learning something new?



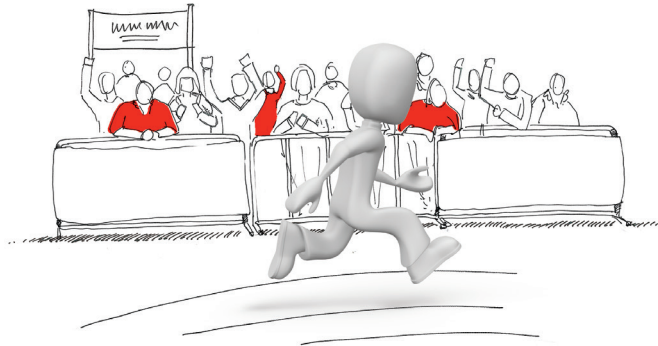
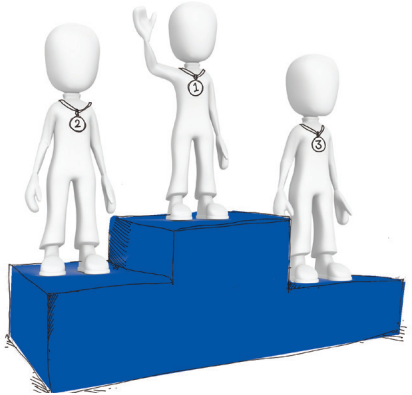
- > Need to be able to relate learning to past experience
- > Want to be able try things out to experience them
- > Focus on learning that has a practical application



- > Need to explore how learning fits with other ideas
- > Want to be able to explore imaginatively
- > Interested in learning interesting ideas for their own sake

T – F: Recognition or appreciation

How do you like to be recognised or appreciated?



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- Like to be recognised for a job well done
 - Want recognition at the end of a project, or when they have excelled
 - Like recognition from someone qualified to judge their performance
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- Like to be appreciated for personal contribution and effort
 - Want to feel valued and appreciated during a project
 - Like appreciation from those they have made a difference to
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