

Areas To Consider For Development In Becoming More Effective:

- Being more open to change.
- Exploring ways of enabling others to develop whilst not doing things for them.
- Accepting that feedback is developmental and not personal.
- Using logic in your future plans.
- Being ok with saying no - you can't please everyone.
- Exploring strategies to deliver those unpleasant decisions
- Standing up for your own rights as well as those of others.
- Making rational and impersonal decisions.
- Taking time out for you and managing your energy.

Which of the above would you like to focus on first?

How will you know when you have developed in this area?

Who do you know that does this well?

Start small - what activities could you do to promote development in your chosen area?

Before You Consider Any Personal Development You May Like To Consider The Following:

Which parts of the ESFJ personality description are particularly true for you?

- What are your strengths as an ESFJ?
- Which parts of the INTP personality description do you find particularly unlike you?
- Have you sought any feedback from others?
- How important it is for you to develop some of the areas suggested?
- What specifically is your goal?
- What support do you need for this development?
- What challenges might you face on your development journey?



E

Function Order

Dominant Function
Extraverted Feeling

S

Auxiliary Function
Introverted Sensing

F

Tertiary Function
Intuition

J

Inferior Function
Introverted Thinking

fold

fold

