

Areas To Consider For Development In Becoming More Effective:

- Giving personable and empathetic feedback to others.
- Resisting the temptation to openly criticise others.
- Increasing your awareness of and sharing your own feelings with others.
- Developing your active listening skills.
- Taking time in your decision making and exploring the longer term.
- Considering the impacts of your decisions on others and their personal needs.
- Accepting change and letting go.
- Being a little more person centred and gentle.
- Leaving your options open instead of making quick decisions.

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 ESTJ personality description are particularly true for you?

- What are your strengths as an ESTJ?
- Which parts of the INFP 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

E

Dominant Function
Extraverted Thinking

S

Auxiliary Function
Introverted Sensing

T

Tertiary Function
Intuition

J

Inferior Function
Introverted Feeling

fold

fold