



Style: Precisionist CS PeopleKeys - DISC Report Monday, August 17, 2020

## Introduction

Your report uses the DISC Personality System. The DISC Personality System is the universal language of behavior. Research has shown that behavioral characteristics can be grouped together in four major groups. People with similar styles tend to exhibit specific behavioral characteristics common to that style. All people share these four styles in varying degrees of intensity. The acronym DISC stands for the four personality styles represented by the letters :

- D = Dominant, Driver
- I = Influencing, Inspiring
- S = Steady, Stable
- C = Correct, Compliant

Knowledge of the DISC System empowers you to understand yourself, family members, co-workers, and friends, in a profound way. Understanding behavioral styles helps you become a better communicator, minimize or prevent conflicts, appreciate the differences in others and positively influence those around you.

In the course of daily life, you can observe behavioral styles in action because you interact with each style, to varying degrees, everyday. As you think about your family members, friends and co-workers, you will discover different personalities unfold before your eyes.

 Do you know someone who is assertive, to the point, and wants the bottom line?

Some people are forceful, direct, and strong-willed.

This is the D Style

• Do you have any friends who are great communicators and friendly to everyone they meet?

Some people are optimistic, friendly, and talkative.

This is the I Style

• Do you have any family members who are good listeners and great team players?

Some people are steady, patient, loyal, and practical.

This is the S Style

 Have you ever worked with someone who enjoys gathering facts and details and is thorough in all activities?

Some people are precise, sensitive, and analytical.

This is the C Style

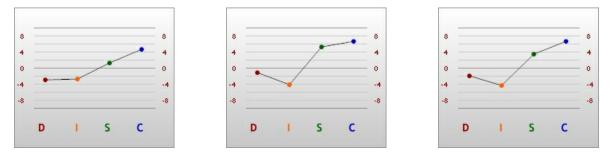


	D = Dominant	I = Influencing	S = Steady	C = Compliant
Seeks	Control	Recognition	Acceptance	Accuracy
Strengths	Administration	Persuading	Listening	Planning
	Leadership	Enthusiasm	Teamwork	Systems
	Determination	Entertaining	Follow-Through	Orchestration
Challenges	Impatient	Lack of Detail	Oversensitive	Perfectionist
	Insensitive	Short Attention Span	Slow to Begin	Critical
	Poor Listener	Low Follow-Through	Dislikes Change	Unresponsive
Dislikes	Inefficiency	Routines	Insensitivity	Disorganization
	Indecision	Complexity	Impatience	Impropriety
Decisions	Decisive	Spontaneous	Conferring	Methodical

#### The chart below helps put the four dimensions of behavior into perspective.

Because human personality is comprised of varying intensities of the four behavioral styles, the DISC graph helps make the personality style more visual. The DISC graph plots the intensity of each of the four styles. All points above the midline are stronger intensities, while points below the midline are lesser intensities of DISC characteristics. It is possible to look at a DISC graph and instantly know the personality and behavioral characteristics of an individual.

## Below are your three DISC graphs, and a brief explanation of the differences between the graphs.



#### DISC graph 1 represents your "public self" (the mask)

This graph displays the "you" others see. It reflects how you perceive the demands of your environment, and your perception of how you believe others expect you to behave.

#### DISC graph 2 represents your "private self" (the core)

This graph displays your instinctive response to pressure, and identifies how you are most likely to respond when stress or tension are present. This would be your instinctive reaction.

#### DISC graph 3 represents your "perceived self" (the mirror)

This graph displays the manner in which you perceive your typical behavior. It could be referred to as your self perception. Although at times you may be unaware of the behavior you use with other people, this graph shows your typical approach.

### Description understanding your style

#### RUIJUE's style is identified by the keyword "Precisionist".

RUIJUE, as a Precisionist style, is a systematic thinker who tends to follow procedures in both personal and business life. Proceeding in an orderly, predetermined manner, Precisionists are precise and attentive to detail. They act in a highly tactful, diplomatic fashion and rarely antagonize their associates consciously. Being extremely conscientious, RUIJUE painstakingly requires accuracy in work and maintains high standards. Precisionists may tend to get bogged down in details, particularly when decisions must be made. RUIJUE desires standard operating procedures and no sudden changes.

As a Precisionist, RUIJUE likes a protected and secure environment governed by rules and regulations. A Precisionist enjoys people, but prefers a few close friends to having many acquaintances. Precisionists prefer small groups rather than large crowds. They will be correct most of the time due to how precise they are. Precisionists may be overly sensitive and perhaps do not handle critique well. They may need to develop confidence and be more independent. They tend to be somewhat concerned about what people think of them and they avoid conflict and change at all costs.

Being exact is imperative in everything RUIJUE does. Precisionists can be counted on to carry out any tasks correctly. They want exact facts and figures before they will make a decision; they feel uneasy when forced to make a quick decision. Precisionists will often keep feelings to themselves. Others may not be aware of their strong beliefs. RUIJUE will not blow up easily when pressured or stressed, but may withdraw. RUIJUE wants a steady home and work environment which promotes security. The more stable, organized and non-confrontational the environment, the happier a Precisionist will be.

RUIJUE prefers to work through problems by analyzing things that worked in the past. This is someone who is able to lead, if necessary, but usually prefers to wait and see if another person volunteers first. RUIJUE is willing to follow another person's lead if they display adequate ability and if RUIJUE has confidence in their ability.

RUIJUE usually avoids being the center of attention. This is an individual who chooses friends carefully and is usually cautious and not overly "open" to strangers. RUIJUE may sometimes come across as being skeptical of what others say they will do, but once a person has proven their reliability, RUIJUE is willing to invest more time and trust in the relationship.

A loyal friend, RUIJUE is patient and caring when attending to the needs of others. This is usually an even-paced individual who thrives in a peaceful, harmonious environment. RUIJUE tends to be quite predictable, sticking with proven, reliable methods of dealing with situations rather than taking chances with a new, unproven approach.

A perfectionist, RUIJUE is very willing to expend the effort to achieve high quality results. Because this individual works so carefully, they tend to be sensitive to criticism. RUIJUE tends to gather a great deal of information before making choices. This person believes that if everyone would process information in the same way as they do, a better level of quality would be maintained. Careful, methodical, thinking things through Sensitive, practical Loyal, predictable Disciplined, logical

**General Characteristics** 

Recognition for loyalty and dependability Approval of their high quality work Orderliness and neatness Activities to start and see through to the end

Motivated By

Practical procedures and systems Stability and predictability Neat and orderly A team atmosphere

**My Ideal Environment** 

## **Historical Characters**

Famous people who share your personality

#### Ludwig van Beethoven

1770-1827

German Composer

One of the worlds best known and most recognized composers, Beethovens painstaking accuracy, creativity and high standards were applied to the creation of incredible music. Taking his early training from Mozart, Hayden and other notables, he soon began to develop his own musical style. His works are intricate and detailed, his symphonies reflect the deep creative nature of the Precisionist, and even accomplished musicians find some of his pieces difficult. Even after he began to go deaf, Beethoven displayed the precise and stable nature of the Precisionist, continuing to write music. As many great musicians, he heard the music in his head before he ever put it to paper, and his determination to do a task well allowed him to create some of his greatest works even after losing his hearing.

"Music is a higher revelation than all wisdom or philosophy."

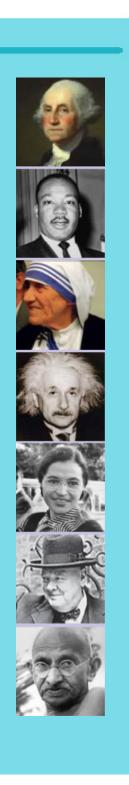
#### Leonardo da Vinci

1452-1519

#### Italian Artist and Scientist

Beginning the study of art in his early twenties, da Vinci applied the detailed and precise nature of the Precisionist to his works. He studied and practiced for almost thirty years before creating his first masterpiece, The Last Supper. His appreciation and understanding of artistic composition, along with his other studies, gave rise to efforts as both an engineer and an architect. Da Vinci worked with Michelangelo in the creation of some historical compositions, demonstrating the ability of the Precisionist to work in a team. His studies in the sciences display the precise and detailed nature of this style. Although few of his paintings have survived, several of his notebooks contain original insights in several realms of science, including biology, physiology, hydrodynamics, and aeronautics. His most celebrated painting, Mona Lisa, hangs in the Louvre.

"Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigors of the mind."



## Communicating

with the Precisionist style

#### Remember, a Precisionist may want:

• Security in situations, sincere appreciation, repeated work patterns, time to adjust to change, limited territory of responsibility, identification with group, areas of specialization, clear definitions of their roles

#### **Greatest fear:**

• Being criticized, especially by a close friend or relationship

#### When communicating with RUIJUE, a Precisionist, DO:

- Create a favorable environment that is personal and agreeable
- Express a genuine interest in them as a person
- Provide them with clarification for tasks and answers to "how" questions
- Present ideas in a non-threatening manner, be patient with timelines as they are thorough and conscientious
- Clearly define goals, procedures and their role in the overall plan
- Explain any changes to them in advance and give them time to adjust

#### When communicating with RUIJUE, a Precisionist, DO NOT:

- Be pushy, overly aggressive, or demanding
- Be too confrontational or critical of their actions
- Make sweeping or sudden changes
- Expect them to make decisions without all of the facts

#### While analyzing information, RUIJUE, a Precisionist may:

- Be openly agreeable but inwardly unyielding
- Internalize their concerns and doubts
- Hesitate to share feedback during presentations
- Require additional information and supporting materials

#### **Motivational Characteristics**

- Motivating Goals: Quality results, correct procedures, security
- Evaluates Others by: Precise standards based on what they do
- Influences Others by: Attention to detail
- Value to Team: Conscientious, maintains standards, concerned about quality
- **Overuses:** Dependency; adherence to standard operating procedures
- Reaction to Pressure: Defensive, strict, slows down processes
- Greatest Fears: Antagonism, criticism
- Areas for Improvement: Increase self-confidence; don't be overly sensitive



with the Precisionist style

### Knowledge comes, but wisdom lingers.

- Alfred Lord Tennyson

## Communicating

with the Precisionist style

#### Value to the group:

- Reliable, steady, loyal team worker, compliant towards authority
- Analytical with processes and procedures ٠
- Calculated risk taker, conservative viewpoints
- Will take a task from beginning to end •

#### Precisionists possess these positive characteristics in groups:

- Adds a sense of continuity to the team •
- Participative managers who accomplish goals through personal relationships
- Make others feel like they belong ٠
- Provide specialized skills .
- Show sincerity are diplomatic and strive to keep the peace •
- Can be counted upon to finish what they start, disciplined approach •
- Are patient and accepting of all types of people
- Can develop and follow processes for doing tasks ٠
- Able to control quality, thorough, and methodical •
- Intuitive about people and relationships •
- Able to give common sense, realistic, and practical viewpoints •
- Buy into team goals when the "why's" are explained ٠
- Dependable, steady, and loyal ٠
- Consider all the elements of a project •

#### Personal growth areas for Precisionists:

- Be more open to change, develop more flexibility .
- Be more direct in your interactions, show more initiative in team roles ٠
- Focus on overall goals of the team rather than specific procedures
- Deal with confrontation constructively •
- Increase pace to accomplish goals .
- Work at expressing your thoughts, opinions and feelings ٠



the Precisionist st

You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere.

- Lee Iacocca

## **Communication Tips**

#### relating to others

### Your C and S plotted above the midline, your style is identified by the keyword "Precisionist".

This next section uses adjectives to describe where your DISC styles are approximately plotted on your graph. These descriptive words correlate as a rough approximation to the values of your graph.

### D -- Measures how decisive, authoritative and direct you typically are. Words that may describe the intensity of your "D" are:

- WEIGHS PROS & CONS Consider both sides of an issue
- UNOBTRUSIVE Doesn't force oneself upon others without invitation
- CONSERVATIVE Tending to preserve established traditions
- **PEACEFUL** Not quarrelsome; disturbance free; calm, quiet

### I - Measures how talkative, persuasive, and interactive you typically are. Words that may describe the intensity of your "I" are:

- **WITHDRAWN** Retreating within oneself; shy; reserved; abstract
- RETICENT Habitually silent or uncommunicative; reserved

### S -- Measures your desire for security, peace and your ability to be a team player. Words that may describe the intensity of your <code>`S'</code> are:

- **NON-DEMONSTRATIVE** Not showing feelings openly and frankly
- **DELIBERATE** Careful in considering; not rash or hasty; slow; unhurried
- AMIABLE Having a pleasant disposition; friendly
- STABLE Not easily thrown off balance; steady; resisting change

### C -- Measures your desire for structure, organization and details. Words that may describe the intensity of your "C" are:

- PERFECTIONIST One who wants completeness, flawlessness; accuracy
- ACCURATE Careful and exact; free from errors
- FACT-FINDER A searcher for truth; reality
- **DIPLOMATIC** Tactful
- SYSTEMATIC According to a system; orderly



Communication Tips relating to others

The only way to change is by changing your understanding.

- Anthony De Mello

## **Communication Tips**

#### how you communicate with others

#### How You Communicate with Others

Please return to the "Communicating" section of this report and review the communicating "DO" and "DO NOT" sections for your specific style. Reviewing your own communication preferences can be an eye-opening experience or simply confirmation for what you already know to be true. Either way, you have your communication characteristics in writing. This information is powerful when shared between colleagues, friends, and family. Others may now realize that some approaches do not work for your style, while other ones are received well by you. Equally important is that you now see that THE WAY YOU SAY SOMETHING can be as important as WHAT IS SAID. Unfortunately, we all have a tendency to communicate in the manner that we like to hear something, instead of the method another person prefers.

**Your style is predominately a "C" style**, which means that you prefer receiving information that gives you enough details to make an informed decision. But, when transferring that same information to a client or co-worker, you may need to translate that into giving them just the end results, or even telling them in a manner that is more experiential and less detail oriented. More detail may not necessarily be better when communicating to some other personality styles.

This next section of the report deals with how your style communicates with the other three dominant styles. Certain styles have a natural tendency to communicate well, while certain other styles seem to be speaking different languages all together. Since you are already adept at speaking your "native" language, we will examine how to best communicate and relate to the other three dominant languages people will be using.

This next section is particularly useful for a dominant "C" style as you may have the tendency to give many facts and details, while others are making decisions based more on their "gut" reaction, or on one or two of the most important details.

#### The Compatibility of Your Behavioral Style

A "C" and a "D" must be careful not become too detail oriented or too demanding, respectively. However, a "C" provides the detail attention the "D" needs, but must remember to answer based on what the end result will be rather than talk about the process.

The "C" and the "I" work well together as their strengths tend to complement one another. In relationships there can sometimes be conflicts as the "C" is more detail oriented and has less of a need to be constantly involved in new or changing social environments.

The "C" and the "S" complement each other and work well together, as each style prefers to work at a pace that provides for accuracy. Also, both styles like to work on something together until completion, while the "I" and the "D" have a tendency to multitask rather than focus on one area until completion.

Two "C"s work well together and also are compatible socially as both will want to make decisions and choices based on careful selection.



Speech is the mirror of the soul; as a man speaks, so is he.

- Publilius Syros

## **Communication Tips**

compatibility of your behavioral style

#### How the "C" Can Enhance Interaction with Each Style

C with D

C's tend to view high D's as argumentative, dictatorial, arrogant, pushy and impetuous. Your tendency will be to become defensive, and refer to an external authority to deflect the D's demands. If you are not careful, there will be tension in the relationship. You'll focus on details while the D sees only the "big picture".

Relationship Tip: Develop direct communication and learn to deal with issues in a straightforward manner. Negotiate commitments and goals on an equal basis. Use summary data in communication.

#### C with I

You will tend to view the high I as egotistical, superficial, overly optimistic, glib, overly selfassured and inattentive. You may view I's as overbearing, and appeal to external authority to deflect their demands, too. You'll tend to point out possible dangers and problems; and will insist on providing facts and details; but don't overwhelm the I with data.

Relationship Tip: Be friendly and complimentary, I's truly desire relationships and are not as superficial as you believe them to be. Listen to their ideas and applaud their accomplishments.

#### C with S

C's will tend to view S's as impassive, apathetic, too accepting, lenient, possessive, complacent and nonchalant. You will agree with S's on the importance of cooperation and the need for caution in the face of risk, especially when making decisions; but you'll likely feel that the S is not precise enough.

Relationship Tip: S's appreciate a relaxed, slowly developing relationship, but they will focus more on the personal aspects than you will. Allow yourself to appreciate personal details. Also, show appreciation for tasks that are well done by praising *them*, not the accomplishment.

#### C with C

You will most likely view other C's as perfectionists who are accurate, thorough, systematic and agreeable. Since you both favor attention to detail, you will work well together. When working with another C, you will each tend to cooperate and develop extensive control systems for projects. high C's often allow their concern for being correct override their concern for meeting deadlines; and two C's will frequently compete to see who is "more correct".

Relationship Tip: Be natural and go at a slow pace; talk about facts and details. Be certain to remove any apparent threats to your relationship. Plan carefully and be well prepared for meetings with one another. Accept and encourage one another's doubts and questions. Be certain that you give each other ample time to consider data before asking for decisions.



Communication works for those who work at it.

- John Powell

### Communication worksheet

#### **Communication Tips Worksheet**

Changes in your graphs indicate your coping methods. The human personality is profoundly influenced by changes in our environment. Typically, people change significantly from graph one to graph two as a result of stressors or environmental changes. Recognizing the differences or changes between these two graphs helps us understand our instinctive coping mechanism, and indicates how to better adapt in the future.

Instructions: Each of your graphs illuminates different aspects of your personality. A closer look at those changes reveals valuable insights. Please refer to both graphs (if necessary, reference data throughout your profile). Compare the D, I, S, and C points on graphs one and two. Finally, read the analysis of your answers, and consider how your environment affects your decisions, motivations, actions and verbal messages.

#### D Changes:

Compare graphs 1 and 2. When you look at graph 2, is your "D" higher or lower than the "D" in graph 1? Consider how high or low the letter moves. A higher value indicates someone who desires more control in stressful situations. If the D goes up considerably, you can become very controlling when you become stressed. A lower value indicates someone who desires less control in stressful situations. If the D goes down considerably, you may want someone else to lead you and you will follow.

#### I Changes:

Compare graphs 1 and 2. When you look at graph 2, is your "I" higher or lower than the "I" in graph 1? Consider how high or low the letter moves. A higher value indicates someone who desires more social influence in stressful situations. If the I goes up considerably, you may try to use your communication skills to smooth things out. A lower value indicates someone who desires less social influence in stressful situations. If the I goes down considerably, you rely less on verbal means to come to a resolution.

#### S Changes:

Compare graphs 1 and 2. When you look at graph 2, is your "S" higher or lower than the "S" in graph 1? Consider how high or low the letter moves. A higher value indicates someone who desires a more secure environment in stressful situations. If the S goes up considerably, you may tend to avoid any conflict and wait until a more favorable environment is available before making any changes. A lower value indicates someone who desires a less secure environment in stressful situations. If the S goes down considerably, you become more impulsive in your decision-making.

#### C Changes:

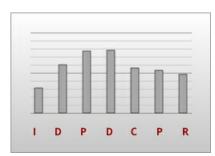
Compare graphs 1 and 2. When you look at graph 2, is your "C" higher or lower than the "C" in graph 1? Consider how high or low the letter moves. A higher value indicates someone who desires more information before making a decision in stressful situations. If the C goes up considerably, you will probably not want to make a decision until you have significantly more information. A lower value indicates someone who desires less information before making decisions in stressful situations. If the C goes down considerably, you may make decisions based more on gut feelings.

### Which one of your points makes the most dramatic move up or down? What does that tell you about how you react to pressure?

How could your coping method help or hinder you in making decisions? How can you use this information to help you see possible blind spots in your reaction to pressure?

## **PowerDISC**<sup>™</sup>

#### your strengths in leadership



#### INFLUENCING - Fair

Influencing and delegating to others is not exactly the role you desire most, but if it is an occasional part of what you need to do, you accept it. You prefer to be recognized as a part of a group rather than receiving individual recognition.

#### DIRECTING - Well Developed

You were probably just selected to oversee yet another project, especially one that has a tight deadline. Your team values your work ethic. You may appear a bit distant at times, but your attention to detail and your inner drive causes others to respect you and to see the great value you add to the team. Learn to take time to get to know other team members; time invested in relationships is not time wasted.

#### **PROCESSING** - Main Focus

You are probably overloaded with work because you hate to delegate; you tend to do most things yourself. You believe that for something to be done right, you need to do it. Train others around you to work to your own high standards and delegate to them. Although it may take longer initially, you will be helping others to achieve and grow more. Be willing to accept change and understand it may be necessary for growth and security.

#### DETAILING -

#### Main Focus

You have a talent for developing systems to help you get things done quickly and efficiently, but remember to stay open to new ways of solving problems and accomplishing goals. High quality work is important to you and you strive to consistently deliver your best, Remember not to take criticism personally and think about using negative feedback as an opportunity to take positive steps forward.

#### **CREATING** - Above Average

You like to use your creativity to perfect basic concepts that other team members develop. You can oversee and help keep accountability in areas that others may compromise.

#### PERSISTING - Above Average

Others like working together with you because you typically do more than your share of whatever is required and this makes the entire team look good. You will maintain a hands-on approach and let others visibly see that you are a team player.

#### RELATING - Good

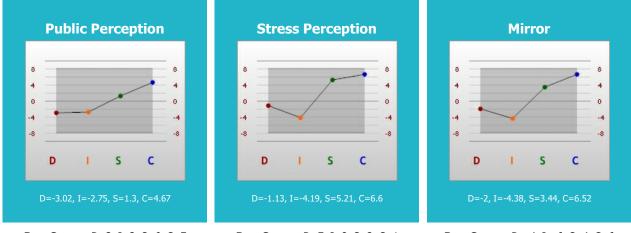
You tend to be task oriented, but know that people and relationships cannot be ignored. You may get caught up in getting things done, but you make up for that by taking time to nurture close relationships.

Developing excellent communication skills is absolutely essential to effective leadership. The leader must be able to share knowledge and ideas to transmit a sense of urgency and enthusiasm to others. If a leader can't get a message across clearly and motivate others to act on it, then having a message doesn't even matter.

- Gilbert Amelio

## Scoring Data graph page

### **Personality Style Graphs**



**Raw Scores** D=3, I=2, S=6, C=7

- **Raw Scores** D=7, I=8, S=2, C=1
- **Raw Scores** D=-4, I=-6, S=4, C=6

## **Graphs Explanation Page**

Each of the three graphs reveals a different snapshot of behavior, depending on the conditions of the environment. Within a given environment, Graph 1 reveals the "Public Self;" Graph 2 displays the "Private Self;" and Graph 3 portrays the "Perceived Self."

These three graphs or snapshots are defined in detail below.

Graph 1 -Mask, Public Self

#### Behavior Expected By Others

Everyone acts according to how they think other people expect them to act. This behavior is the public self, the person projected to others. Sometimes, there is no difference between the true person and their public self. However, the public self can be very different from the "real" person; it is a mask. Graph 1 is generated by the "Most" choices on The Personality System, and has the greatest potential for change.

Graph 2 -Core, Private Self

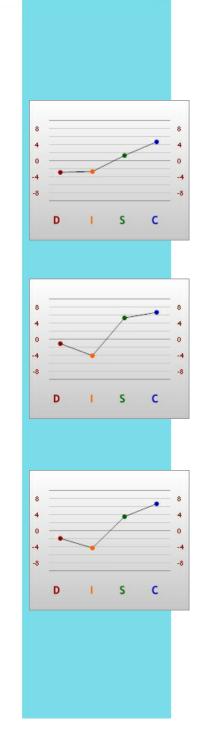
#### Instinctive Response To Pressure

Everyone has learned responses from the past: consequently, these are behaviors which the person accepts about him/herself. Under pressure or tension, these learned behaviors become prominent. This is the graph which is the least likely to change because these are natural and ingrained responses. A person's behavior under pressure may be drastically different than his/her behavior in Graphs 1 and 3. Graph 2 is generated by the "Least" choices on The Personality System, and has the lowest potential for change.

Graph 3 -Mirror, Perceived Self

#### Self Image, Self Identity

Everyone envisions him/her self in a particular way. Graph 3 displays the mental picture that one has of him/her self, the self image or self identity. Graph 3 combines the learned responses from one's past with the current expected behavior from the environment. Change in one's perception can occur, but it is usually gradual and based on the changing demands of one's environment. Graph 3 is generated by the difference between Graph 1 and Graph 2.



# Graphs Explanation Page

#### **Different Graphs Indicate Change or Transition**

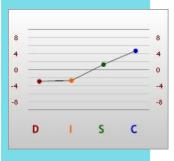
- If Graph 1 is different than Graph 2, the demands of the environment are forcing behavior that is not congruent with the core, or instinctive behavior. In such a situation, a person trying to modify his/her behavior to meet the demands of the environment will most likely experience stress.
- If Graph 1 is different than Graph 2, but similar to Graph 3, the individual has been able to successfully alter his/her behavior to meet the demands of the environment without altering his/her core. This individual is probably fairly comfortable with the behavior shown in Graph 3 (Perceived Self), and is probably not experiencing stress.
- If Graph 1 is different than Graph 3, an individual may be in a period of growth (and some discomfort) while he/she attempts to alter behavior to meet the demands of a new environment. A person's behavior may fluctuate during this period of adjustment.

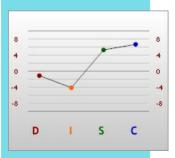
#### Similar Graphs Indicate Few Demands For Change

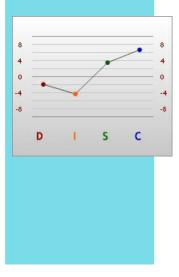
An individual who perceives the current demands of the environment (Graph 1) to be similar to his/her past (Graph 2) will have little need to change his/her self-perception (Graph 3). This may be due to any of the following factors:

- The behavior demanded by the present environment is similar to demands in the past.
- This individual controls what others demand of him/her.
- The behavior demanded by the present environment is different than demands in the past. However, instead of altering behavior, this person has chosen to augment style. To accomplish augmentation, this individual has surrounded him/herself with people of complimentary styles, thus creating a team with combined strengths.

## Your keyword style of Precisionist CS(CS) and the contents of this report are derived from Graph 3.







### Action Plan Improving Your Interpersonal Skills

#### **RUIJUE's Action Plan**

This worksheet is a tool to enable effective communication between you and others with whom you interact on a regular basis. The goal is to help you maximize your strengths and minimize the effects of potential limitations. It addresses work-related and general characteristics that are common to your style as a whole, and is not derived directly from your graphs.

This section gives you an opportunity to sit down with a co-worker, employer, friend, spouse, etc., and assess your personality style, getting feedback from someone who knows you well. Although doing so is beneficial, it is not required to have anyone else present while completing this section. If you choose to get feedback from another, you may print the report and do so that way.

#### **Instructions:**

**Step 1:** The items listed below are areas to reflect upon between you and your closest contacts. After printing out this report, give this page to another person who knows you well (associate, team member, teacher, family member, friend) and ask them to read each item. They should consider whether or not they perceive the item to describe your traits. Then, check either Yes (+) or No (-) beside each item. Open dialogue is encouraged and any blind spots (areas of your personality that you are blind to) should be discussed. Since communication is a two way street, it is recommended that two people complete one another's worksheets.

Competent and steady	÷ =	Peaceful and diplomatic	÷ =
Needs additional self motivation	÷ =	Good administrative ability	÷ =
Difficulty starting tasks	÷ =	Avoids conflicts/confrontation	÷ =
Sometimes careless or inefficient	÷ =	Good under pressure	÷ =
Discourages others ideas	÷ =	Finds the easy way	÷ =
Punctual/schedule aware	÷ =	Overlooks others' feelings	÷ =
Preoccupied with imperfections in	÷ =	Persistent and thorough	÷ =
self/others		Hesitant to start projects	÷ =
Orderly and organized	÷ =	Excessive planning time	÷ =
Prefers analysis to work	÷ =	Sees the problems/finds solutions	÷ =
Creative and resourceful	+ -		



Action Plan Improving Your Interpersonal Skills

A man is but a product of his thoughts. What he thinks, he becomes.

- Mahatma Gandhi

## Action Plan Continued

**Step 2:** Now, select the three items that would benefit the most from focused attention. Discuss and determine specific outcomes and a reasonable time frame for their achievement. Write the details in the spaces provided, along with notes helpful to achieving specific outcomes. Set a date 60-90 days from now for a discussion with your contact to review your progress. The person who works with you on this is important to your growth and should help you stay accountable to your plan.

- 1. The first item upon which I will focus:
  - Review Date:
  - Specific actions I will take on this item in the next 60 to 90 days:
  - Specifics to address
- 2. The second item upon which I will focus:
  - Review Date:
  - Specific actions I will take on this item in the next 60 to 90 days:
  - Specifics to address
- 3. The third item upon which I will focus:
  - Review Date:
  - Specific actions I will take on this item in the next 60 to 90 days:
  - Specifics to address



Action Plan Improving Your Interpersonal Skills

We continue to shape our personality all our life. If we know ourself perfectly, we should die.

- Albert Camus