

Appendix 7

- For use in Session 5

What's Your Personality Type?

Find out with the 'What Am I Like?' personality test:

- This test is 20 questions long and should take about 10 minutes - highlight/tick/circle your answer for each question.
- It is made up of four sets of five questions and you will find out about a different aspect of your personality after every five questions.
- At the end of the test you will be assigned one of 16 possible personality types.
- This personality test can't tell you exactly what you are like. No survey can predict personality type with 100 per cent accuracy. Experts say we should use personality type descriptions to better understand ourselves and others, but shouldn't feel restricted by our results.
- The test was developed for the BBC television programme *What Am I Like?* The Personality Test.
- It is a simplified personality test based on personality type theory and devised by psychologists.
- It is not a replacement for the full Myers-Briggs Type Indicator® questionnaire and the results are not intended to be the psychometric or practical equivalent to MBTI® questionnaire results.

Section 1: Planner or Spontaneous?

- 01 When you go on holiday, what do you prefer to do?
- a Plan every detail in advance
 - b Plan a rough itinerary in advance, leaving some time free
 - c Look at a few options in advance, but only really decide when you're there
 - d You rarely plan - just book at the last minute and go with the flow
- 02 What statement best describes how you do your regular grocery shop?
- a You make a detailed list of everything you need to buy
 - b You make a rough list to jog your memory
 - c You don't make a list, as you think it's a waste of time
 - d You don't do a regular shop - you just go when you need to

- 03 You've been to a furniture store and have come back with some flat-pack furniture, like a wardrobe or a desk that you have to assemble. What are you most inclined to do?
- a Before you start, you check that all the components are there and that you have the tools you will need
 - b You read through the instructions carefully first and then follow them step by step
 - c You scan the instructions, although you don't always follow them exactly
 - d You leap in, only referring to the instructions if you get stuck
- 04 Which of the following descriptions fits you best?
- a You are a perfectionist and can't leave anything unfinished
 - b You need time, over-prepare and hate pressure
 - c You're scatty, forgetful and disorganised
 - d You put things off till the last minute and are often late
- 05 What happens when your local supermarket moves the food to different aisles?
- a You would notice and it would really bother you
 - b You would notice, but you simply change the order in which you shop
 - c You would notice, but it wouldn't bother you as you have no set routine
 - d You probably wouldn't notice

Section 2: Facts or Ideas?

- 06 Of the following options, which one describes you best?
- a Realistic
 - b Efficient
 - c Imaginative
 - d Visionary
- 07 How do you usually give directions to your house? Do you ...
- a Provide a step-by-step list of directions for the entire journey?
 - b Draw a really detailed map that shows things like street names and roundabouts?
 - c Just give general directions?
 - d Sketch a rough map, as too many details can be confusing?

08 Which set of words best describes you?

- a Practical, thorough and stable
- b Realistic, enthusiastic and spontaneous
- c Inventive, imaginative and original
- d Creative, dynamic and adventurous

09 Which of these best describes how you do your supermarket shopping?

- a You usually go up and down the aisles in exactly the same order
- b You read and compare labels and prices
- c You're attracted to new things or special offers that catch your eye
- d You vary the way you go round the supermarket depending on what you feel like buying

10 Look at the picture below. Write down on a piece of paper what you see.



Allow yourself about 30 seconds for this.

Now choose which statement best describes what you noted down.

- a Is it a list of what's in the picture?
- b Is it a story about what's happening in the picture?
- c Have you tried to find a hidden meaning in this picture?
- d Have you written lots of ideas inspired by the picture?

Section 3: Heads or Hearts?

- 11 Which set of words best describes you?
- a Analytical, logical and objective
 - b Decisive, driven and energetic
 - c Caring, helpful and supportive
 - d Complex, thoughtful and sensitive
- 12 What would you do if you had to decide between two homes to move into?
- a List your ideal features and compare which place has the most
 - b Compare the good and bad features of both
 - c Go with your gut feeling about which is best
 - d Think about how each place affects the other people in your life
- 13 If your friend started dating someone you really disliked and asked you what you thought about their relationship, what would you do?
- a Be up-front and honest about what you think
 - b Try to be tactful - but still be truthful about what you think
 - c Try not to hurt their feelings, changing the subject if necessary
 - d Avoid hurting their feelings, telling a 'white lie' if necessary
- 14 If you are with a group of friends and an argument breaks out, what do you tend to do?
- a Face the dispute head on
 - b Try to find an answer to the problem
 - c Try to meet everyone's needs
 - d Anything to avoid hurting people's feelings
- 15 When you have to make a difficult decision, what is most important to you?
- a Arriving logically at the best choice
 - b Being as fair as possible
 - c Doing the right thing according to your own beliefs and values
 - d Getting the approval and agreement of others

Section 4: Extrovert or Introvert?

- 16 When you are out with a group of your friends, how much of the talking do you usually do?
- a Hardly any at all
 - b A little less than most
 - c Quite a lot
 - d Almost all
- 17 When it comes to expressing yourself do you ...
- a Hold back more, listening to others before speaking?
 - b Think before you speak?
 - c Think out loud?
 - d Use your hands and facial expressions a lot?
- 18 What are you like when you have to meet a group of new people?
- a You stick with the people you've met before
 - b You spend your time thinking about how to keep the conversation going
 - c You aim to mingle with as many new people as possible
 - d You just go out and have fun
- 19 Which set of words best describes you?
- a Cautious, thoughtful and loyal
 - b Inquisitive, independent and contained
 - c Lively, enthusiastic and energetic
 - d Expressive, talkative and friendly
- 20 If you are in the middle of something important and the phone rings, how do you usually react? Do you ...
- a Ignore the phone, or let the machine pick up?
 - b Take the call, but deal with it as quickly as possible?
 - c Answer it, as you welcome the chance to talk to someone, but keep it brief?
 - d Answer the phone enthusiastically and be up for a long conversation?
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Results

Section 1: Planner or Spontaneous

- If you answered more a's and b's, you're a **planner**.
- If you answered more c's and d's, you're **spontaneous**.

Section 2: Facts or Ideas

- If you answered more a's and b's, you're a **facts person**.
- If you answered more c's and d's, you're an **ideas person**.

Section 3: Head or Heart

- If you answered more a's and b's, you're a **head person**.
- If you answered more c's and d's, you're a **heart person**.

Section 4: Extrovert or Introvert

- If you answered more a's and b's, you're an **introvert**.
- If you answered more c's and d's, you're an **extrovert**.

Find out your personality type

- **Big Thinker** = Spontaneous + Ideas + Heart + Extrovert
 - **Counsellor** = Planner + Ideas + Heart + Introvert
 - **Go-getter** = Spontaneous + Facts + Head + Extrovert
 - **Idealist** = Spontaneous + Ideas + Heart + Introvert
 - **Innovator** = Spontaneous + Ideas + Heart + Extrovert
 - **Leader** = Planner + Ideas + Head + Extrovert
 - **Mastermind** = Planner + Ideas + Head + Introvert
 - **Mentor** = Planner + Ideas + Heart + Extrovert
 - **Nurturer** = Planner + Facts + Heart + Introvert
 - **Peacemaker** = Spontaneous + Facts + Heart + Introvert
 - **Performer** = Spontaneous + Facts + Heart + Extrovert
 - **Provider** = Planner + Facts + Heart + Extrovert
 - **Realist** = Planner + Facts + Head + Introvert
 - **Resolver** = Spontaneous + Facts + Head + Introvert
 - **Strategist** = Spontaneous + Ideas + Head + Introvert
 - **Supervisor** = Planner + Facts + Head + Extrovert
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Big Thinkers

The four aspects that make up this personality type are:



Spontaneous



Ideas



Heads



Extrovert

Summary of Big Thinkers

- Outspoken, ingenious and bored by routine
- Look for opportunities and enjoy tackling problems head-on
- Think of themselves as talkative, curious and self-sufficient
- May neglect the routine work required to make their plans successful



“In the UK, Big Thinkers are most likely to book a holiday at short notice, according to a nationwide survey.”

More about Big Thinkers

Big Thinkers are always looking for the next big idea or opportunity. They're adept at spotting trends and thinking on their feet. Big Thinkers like to jump in and find innovative solutions to complex problems and are good at developing strategies for the future.

Big Thinkers are usually curious, logical and energetic. This chatty group enjoys a good debate and asserting their opinions. Sometimes others may find the way they express their ideas too abrupt or challenging.

In situations where they can't use their talents or are unappreciated, Big Thinkers may be rude, critical of others or rebellious. Under extreme stress, Big Thinkers can become preoccupied with unimportant details and lose sight of the big picture.

Big Thinkers may ignore important details in their plans and overlook the impact their ideas have on the people around them.

Big Thinker Careers

The entrepreneurial spirit of the Big Thinkers often leads them to seek new challenges; this is often more important to them than working in a particular field or a specific career.

Counsellors

The four aspects that make up this personality type are:



Planner



Ideas



Hearts



Introvert

Summary of Counsellors

- Search for meaning in their life and develop powerful insights
- Are dedicated to helping others reach their potential
- Think of themselves as gentle, peaceable and cautious
- Others may find it difficult to get to know them

“Counsellors are least likely to describe themselves as atheists, according to a UK survey.”

More about Counsellors

Counsellors have a natural understanding of human relationships and the complexities of life, which they use to help others. They search for meaning in everything and develop complex insights.

Counsellors feel most relaxed and creative when their surroundings are organised. They are deeply private people who only share their insights with trusted friends; however, they will defend their values if challenged.

In situations where they can't use their talents or are unappreciated, Counsellors may withdraw from the people around them or become resentful. Under extreme stress, Counsellors may feel overwhelmed and be driven to organise small parts of their lives such as their kitchen cabinets or their record collection.

Counsellors typically prefer a few close relationships to a wide circle of friends.

Counsellor Careers

Counsellors are often drawn to jobs where they can help people develop emotionally, intellectually or spiritually and where they can use their imagination.

Go-getters

The four aspects that make up this personality type are:



Spontaneous



Facts



Heads



Extrovert

Summary of Go-getters

- Inventive, resourceful problem-solvers with a love of life
- Can be tough-minded when necessary
- Think of themselves as enthusiastic, determined and alert
- May become frustrated by rules and routines



“Go-getters are most likely to say they dislike reading poetry books, according to a UK survey.”

More about Go-getters

Go-getters are active, flexible people who put a great deal of energy into life. This group prefers learning on the job to quiet study and willingly jumps into almost any situation. Others are attracted to the Go-getter's positive attitude and enthusiasm.

Go-getters find fun ways to tackle problems head-on and don't worry too much about rules. They are good at using logic to assess the situation and finding realistic solutions.

In situations where they can't use their talents or are unappreciated, Go-getters may reject all routines and put fun ahead of responsibilities. Under extreme stress, Go-getters may become overwhelmed by thinking of all the things that could possibly go wrong.

Go-getters may be liable to forget important dates such as a loved one's birthday.

Go-getter Careers

Go-getters are attracted to a variety of careers, especially those which require attention to detail.

Idealists

The four aspects that make up this personality type are:



Spontaneous



Ideas



Hearts



Introvert

Summary of Idealists

- Make sense of the world using inner values
- Focus on personal growth and the growth of others
- Think of themselves as bright, forgiving and curious
- May sometimes appear stubborn

“Idealists are the most likely group to say they are vegetarian, according to a UK survey.”

More about Idealists

Idealists put time and energy into developing personal values that they use as a guide through life. They may seek fulfilment by helping others improve themselves and often want to make the world a better place.

Idealists only share their inner values with people they respect.

Idealists enjoy discussions about a wide range of topics, particularly those that deal with the future. They are typically easy-going and flexible, but if their values are challenged they may refuse to compromise.

In situations where they can't use their talents or are unappreciated, Idealists may have trouble expressing themselves and withdraw. Under extreme stress, Idealists may become very critical of others, or lose confidence in their own ability to cope.

Recognition for their work is important to Idealists; however, they are also good at spotting false praise.

Idealist Careers

Idealists are often drawn to jobs where they can help people reach their potential. They are also attracted to careers that allow artistic creativity.

Innovators

The four aspects that make up this personality type are:



Spontaneous



Ideas



Hearts



Extrovert

Summary of Innovators

- Energetic and creative, taking inspiration from everyone they meet
- Enjoy flexible work environments with few rules and many opportunities for fun
- Think of themselves as imaginative, sociable and sympathetic
- May not think logically about their ideas

“Innovators are most likely to say they do their best work when they start at the last minute, according to a UK survey.”

More about Innovators

Innovators are fun-loving, creative, sensitive people who enjoy developing their ideas by discussing them with others. This group supports the people around them and expects the same in return. Others are drawn to Innovators because of their love of life, caring nature and openness.

Innovators are good at spotting opportunities and recognising potential in people. Innovators put all their energy into new projects and their enthusiasm motivates others to support their plans.

In situations where they can't use their talents or are unappreciated, Innovators may become rebellious and unfocused. Under extreme stress, Innovators may become preoccupied with meaningless details.

Innovators may over-extend themselves or put a night out with friends ahead of more pressing commitments.

Innovator Careers

Innovators are drawn to careers that require teaching or counselling, where they can work with and help encourage the development of others.

Leaders

The four aspects that make up this personality type are:



Planner



Ideas



Heads



Extrovert

Summary of Leaders

- Natural managers who strive for efficiency
- See the big picture and make strategic plans for the future
- Think of themselves as bright, independent and logical
- May overlook other people's need for emotional support

“Leaders are most likely to say they enjoy their job, according to a UK survey.”

More about Leaders

Leaders are strategic thinkers, planning ahead and anticipating difficulties. They quickly spot inefficiency and organise people to make improvements. Leaders like solving problems at the organisational level, but would rather leave the detailed work to others.

Leaders enjoy discussing complex issues and will challenge people's views to spark a debate. They admire people who defend their beliefs by arguing persuasively.

In situations where they can't use their talents or are unappreciated, Leaders may become detached, critical or aggressive. Under extreme stress, Leaders may feel isolated and doubt their abilities.

Leaders are often so ambitious in their careers that they sacrifice their personal life in the process.

Leader Careers

Leaders are often drawn to jobs in management where logical analysis and strategic planning are required.

Masterminds

The four aspects that make up this personality type are:



Planner



Ideas



Heads



Introvert

Summary of Masterminds

- Visionaries who put energy into achieving their goals
- Prefer to work independently and dislike inefficiency
- Think of themselves as logical, thorough and bright
- Value practicality and common sense above ideas and theories

“Mastermind is the least common personality type in the UK, according to a nationwide survey.”

More about Masterminds

Masterminds create a vision for the future by gathering and organising information. They then develop strategies to achieve their goals. They have a rare gift for looking at almost anything and seeing how it can be improved. These skills and the Masterminds' high standards often allow them to reach leadership positions at work.

Masterminds value independence and prefer to work on their own. Once they have decided on a course of action, Masterminds rarely change their minds, although they can be persuaded by the clear reasoning of someone they respect.

In situations where they can't use their talents or are unappreciated, Masterminds may cut themselves off from a group and criticise people who don't understand their plans. Under extreme stress, Masterminds may overindulge in sensory experiences like eating, shopping or watching television.

Masterminds often have an unusual sense of humour, which arises from their ability to spot surprising links between seemingly unconnected facts.

Mastermind Careers

Masterminds are drawn to jobs requiring logical analysis or abstract thinking common in science or technical fields.

Mentors

The four aspects that make up this personality type are:



Planner



Ideas



Hearts



Extrovert

Summary of Mentors

- Warm and lively people who focus on the needs of others
- Bring people together and encourage group participation
- Think of themselves as intelligent, outgoing and sensitive
- May become overbearing in their quest for harmony

“Mentors have changed jobs least since leaving full-time education, according to a UK survey.”

More about Mentors

Articulate, lively and enthusiastic, Mentors spend time and energy fostering relationships and encouraging personal growth in others. They are extremely sensitive to people's needs and play a central role in families and social groups.

Mentors love to bring people together in harmony and enjoy busy, active lives. However, their warm nature may mean they have trouble making tough decisions that affect others negatively.

In situations where they can't use their talents or are unappreciated, Mentors may focus too much on the needs of others. Under extreme stress, Mentors may be troubled by unusually critical thoughts about themselves and others.

Mentors readily see the best traits in others, but may have trouble recognising personality faults.

Mentor Careers

Mentors are often drawn to jobs where they can help people develop their potential.

Nurturers

The four aspects that make up this personality type are:



Planner



Facts



Hearts



Introvert

Summary of Nurturers

- Care for the important people in their lives
- Strive for harmony and avoid confrontation
- Think of themselves as gentle, conscientious and mature
- May have trouble making decisions that could hurt others

“Nurturers are the most likely group to say they prefer a job where the same thing happens every day, according to a UK survey.”

More about Nurturers

Nurturers are quiet people who believe in order and diligently look after the people they care about. They focus on the needs of others and establish routines to help them meet their commitments.

Nurturers remember details that are important to them, such as their friends' birthdays and anniversaries. People with this personality type value others' feelings and may challenge behaviour they think is insensitive.

In situations where they can't use their talents or are unappreciated, Nurturers may feel bitter and seek support by complaining to their colleagues. Under extreme stress, Nurturers may become preoccupied with the worst possible outcome and believe that they are heading for disaster.

Because they are so caring and loyal, Nurturers run the risk of being taken advantage of.

Nurturer Careers

Nurturers are often drawn to jobs that allow them to help others.

Peacemakers

The four aspects that make up this personality type are:



Spontaneous



Facts



Hearts



Introvert

Summary of Peacemakers

- Value personal freedom
- Particularly sensitive to the feelings of others
- Think of themselves as steady, gentle and sympathetic
- Others may mistake their quiet nature for weakness

“Peacemakers are the most likely group to say they dislike reading history books, according to a UK survey.”

More about Peacemakers

Peacemakers focus on the present and enjoy helping others in practical ways. They are sensitive to the world around them and take quiet joy from people and nature, particularly animals. Peacemakers value close relationships, but it may take time for others to get to know them.

Peacemakers live by a set of personal values, which they work hard to reflect in their everyday life. They would rather support an activity than organise it. When they do find themselves in leadership positions, they observe quietly and lead by example.

In situations where they can't use their talents or are unappreciated, Peacemakers may withdraw and become self-critical. Under extreme stress, Peacemakers may become even more critical of themselves and others and make harsh judgements about minor issues.

Peacemakers tend to show someone how much they care about them by helping them in a practical way rather than putting their feelings into words.

Peacemaker Careers

Peacemakers are often drawn to jobs that allow them to serve others and require close attention to detail.

Performers

The four aspects that make up this personality type are:



Spontaneous



Facts



Hearts



Extrovert

Summary of Performers

- Love fun, people and the world around them
- Prefer hands-on learning to reading a book
- Think of themselves as enthusiastic, sociable or sensitive
- May forget about commitments because they're having so much fun

“Performers are most likely to say they dislike reading travel books, according to a UK survey.”

More about Performers

For the Performers, people and the exciting world around them come before rules and routines. This group believes you can get work done efficiently and have fun at the same time. Others are naturally drawn to the Performers' outgoing nature and enjoyment of life.

Performers are good at reading people and figuring out what their needs are. They don't believe in making plans and are confident that they can handle whatever comes their way. These skills allow Performers to quickly motivate others.

In situations where they can't use their talents or are unappreciated, Performers may become distracted, fail to accept or meet deadlines, or take criticism too personally. Under extreme stress, Performers can be overwhelmed by thinking of all the things that could possibly go wrong.

Performers may live for the moment and forget the consequences of their actions.

Performer Careers

Performers are drawn to careers that require people skills and attention to detail.

Providers

The four aspects that make up this personality type are:



Planner



Facts



Hearts



Extrovert

Summary of Providers

- Warm, caring people who value order and tradition
- Loyal workers who follow through on commitments
- Think of themselves as sympathetic, easy-going and steady
- They don't feel comfortable with radical change



“Provider is the most common personality type for women in the UK, according to a nationwide survey.”

More about Providers

Providers like to make plans with other people and then to work with them towards achievable goals in a fun, harmonious environment. They support people who are important to them and respect their individuality.

Providers have traditional values and support order and responsible behaviour. They enjoy social events, particularly family celebrations, and often help plan them. Providers work hard to avoid conflict, but they will state their beliefs when they think it is suitable.

In situations where they can't use their talents or are unappreciated, Providers may doubt their abilities and focus solely on the needs of other people. Under extreme stress, Providers may withdraw completely and become excessively critical of themselves and others.

Providers prefer warm, face-to-face communication and often express their ideas by telling stories from their own lives.

Provider Careers

Providers are often drawn to jobs in education, health care or religion.

Realists

The four aspects that make up this personality type are:



Planner



Facts



Heads



Introvert

Summary of Realists

- Loyal and steady workers who meet deadlines
- Believe in established rules and respect facts
- Think of themselves as mature, stable and conscientious
- May appear too logical or tough-minded and forget their impact on other people

“Realists are the most common personality type in the UK, according to a nationwide survey.”

More about Realists

Realists are loyal to the people around them and work hard to keep their promises. They are honest and straightforward with others and expect the same in return. Realists believe in standard procedures and will only support change when there is a demonstrable benefit.

Realists respect factual information, which they store up to use when making decisions. This group likes to have time to think quietly and carefully before taking action.

These extremely productive people like to be occupied in their leisure time with pursuits such as craftwork, hiking or reading.

In situations where they can't use their talents or are unappreciated, Realists may become obsessed with schedules, be critical of others or have trouble trusting other people to get the job done properly. Under extreme stress, Realists may complain loudly that events have taken a turn for the worse and predict negative outcomes.

Realists typically only share their opinions or personal experiences with trusted friends.

Realist Careers

Realists are attracted to jobs where decision-making based on factual knowledge and experience is required.

Resolvers

The four aspects that make up this personality type are:



Spontaneous



Facts



Heads



Introvert

Summary of Resolvers

- Good at getting to the heart of a problem and quickly finding a solution
- Make rational decisions using the facts available
- Think of themselves as understanding, stable and easy-going
- May focus on short-term results and lose sight of the big picture

“Resolvers have changed jobs most frequently since leaving full-time education, according to a UK survey.”

More about Resolvers

Resolvers are independent people who quietly learn how things work by analysing large amounts of information. Should a problem arise, they solve it with as little fuss as possible. Resolvers are only interested in abstract ideas, if they can be used to solve a problem quickly.

Resolvers like to take risks: many of them seek jobs and pastimes that put them in harm's way and guarantee an adrenaline rush.

Resolvers are often tolerant of behaviour different from their own as long as their values aren't compromised. They sometimes give the impression that they agree with other peoples' viewpoints because they don't actively disagree.

In situations where they can't use their talents or are unappreciated, Resolvers may become cynical, negatively critical or put off decisions. Under extreme stress, Resolvers could be prone to inappropriate, tearful outbursts.

Resolvers are quiet and sometimes it is difficult to get to know them; however, they often talk freely about subjects they understand well.

Resolver Careers

Resolvers are often drawn to hands-on jobs that require an analytical mind and careful organisation of large amounts of data.

Strategists

The four aspects that make up this personality type are:



Spontaneous



Ideas



Heads



Introvert

Summary of Strategists

- Quiet, easy-going and intellectually curious
- Use logical, objective thinking to find original solutions to problems
- Think of themselves as bright, logical and individualistic
- May forget practical issues, such as paying bills or doing the shopping

“Strategists are the group most likely to say they are unhappy in their job, according to a UK survey.”

More about Strategists

Strategists are quiet people who like to get to the heart of tough problems on their own and come up with innovative solutions. They analyse situations with a sceptical eye and develop ways of measuring everything, including themselves.

Strategists are generally easy-going. They are intellectually curious and enjoy abstract ideas. Sometimes they like thinking of a solution to a problem more than taking practical steps to solve it.

In situations where they can't use their talents, are unappreciated or not taken seriously, Strategists may become negatively critical or sarcastic. Under extreme stress, Strategists could be prone to inappropriate, tearful or angry outbursts.

Strategists may be insensitive to the emotional needs of others or how their behaviour impacts the people around them.

Strategist Careers

Strategists are often drawn to technical or scientific careers, where specialist knowledge is required. They also seem to enjoy jobs that involve long-term planning, abstract thinking or design.

Supervisors

The four aspects that make up this personality type are:



Planner



Facts



Heads



Extrovert

Summary of Supervisors

- Bring order to their home and work life
- Like to act on clear, achievable goals
- Think of themselves as stable, practical and sociable
- May be irritated when people don't follow procedures

“Supervisors are most likely to say they prefer a job which involves a series of separate projects, according to a UK survey.”

More about Supervisors

Supervisors like to make plans, organise people and get things done efficiently. They are natural administrators who dislike chaos and strive to bring order to every aspect of their lives. Supervisors like jobs where the goals are clearly defined and there are proven work methods in place.

Supervisors use logic to solve problems and believe in being open and direct in their communications with others. They prefer to work and socialise with like-minded people.

In situations where they can't use their talents or are unappreciated, Supervisors may reject the opinions of others and insist they are right. Under extreme stress, Supervisors may feel cut off from the people around them and lose confidence in their own ability to cope.

Because supervisors like to take charge and organise activities, others may find them too bossy.

Supervisor Careers

Supervisors are often drawn to jobs in management or administration that require logical planning.