

# **Self-awareness & Professional Development**

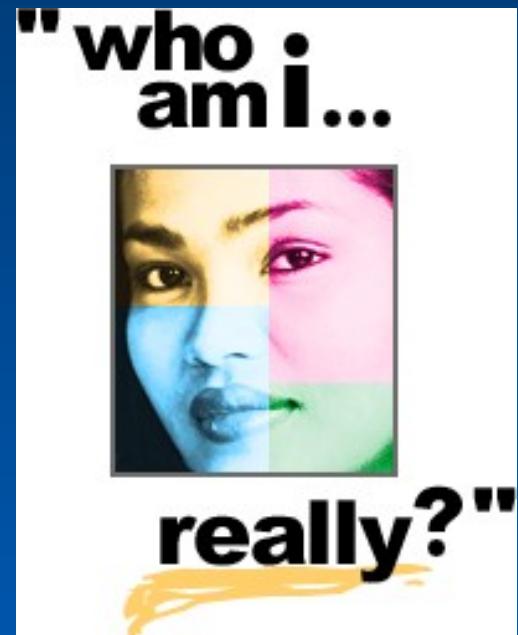
---

*Introduction to Personality Type*

# It all starts with self-awareness

Carl Rogers once said,  
that everyone is trying to  
answer the question, “Who  
am I . . . Really?”

Self-awareness → Wisdom



# It all starts with self-awareness

Helps you understand yourself:

- Kekuatan dan bakat
- Hal yg menyebabkan kepuasan kerja
- Faktor yang akan dikembangkan
- Meningkatkan penerimaan diri

Helps you understand others:

- Komunikasi yg lebih baik
- Meningkatkan teamwork
- Mengurangi konflik

# *Understanding Others Through Understanding Yourself*



or



# ***Understanding Others Through Understanding Yourself***



Extraverts – Energinya berasal dari sesuatu hal diluar dirinya.

Like to talk - sometimes without thinking.



Introverts -Energinya berasal dari dalam dirinya sendiri

Like to think - sometimes without talking

# ***Understanding Others Through Understanding Yourself***



Those who prefer Sensing -

- Fokus pada pengalaman
- Praktis / Realistik



Those who prefer iNtuition -

- Fokus pada arti dibalik pengalaman tsb
- Kreatif / Imaginatif

# ***Understanding Others Through Understanding Yourself***



Those who prefer Thinking -

- Keputusannya berdasarkan logika
- Orang lain melihatnya sebagai orang berorientasi bisnis & kerja, kerja, kerja



Those who prefer Feeling -

- Lebih sering keputusannya berdasarkan orang dan nilai-nilai (suku, agama, ras, kelompok, dll)
- Orang lain melihatnya sebagai orang yg suka menolong

# *Understanding Others Through Understanding Yourself*



or



# ***Understanding Others Through Understanding Yourself***



People who prefer Judging -

- Privasi, selektif untuk membuka diri
- Skedul dan prioritasnya ketat
- Orang melihatnya sangat terorganisir

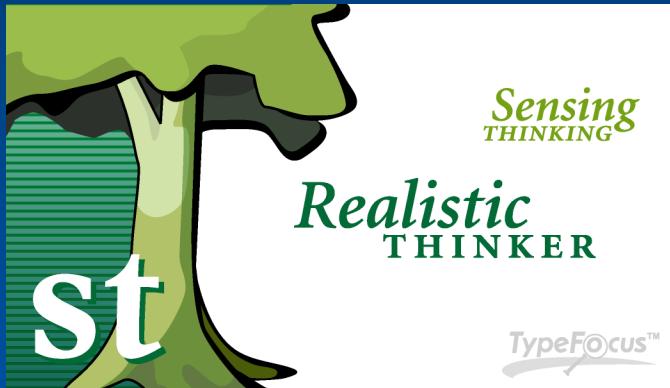


People who prefer Perceiving -

- Mencari informasi
- Lebih fleksibel utk mengikuti arus orang lain
- Orang lain melihatnya sangat spontan

# *Understanding Others Through Understanding Yourself*

## Function Pairs



# ***Understanding Others Through Understanding Yourself***

## TypeFlexing

### **Working to the OTHER PERSON'S strengths**

For Extraverts - action, talking, group work

For Sensing-types - practical applications, specific examples

For Thinking-types - want logic and business-like approach

For Judging-types - want schedules and deadlines

For Introverts - prefer written communication, one-on-ones

For iNtuition-types - consider future possibilities, broad issues

For Feeling-types - prefer to be compassionate and harmonious

For Perceiving-types - resist too much organization, open to change.

# *Understanding Others Through Understanding Yourself*

The End  
(SPIRaW)