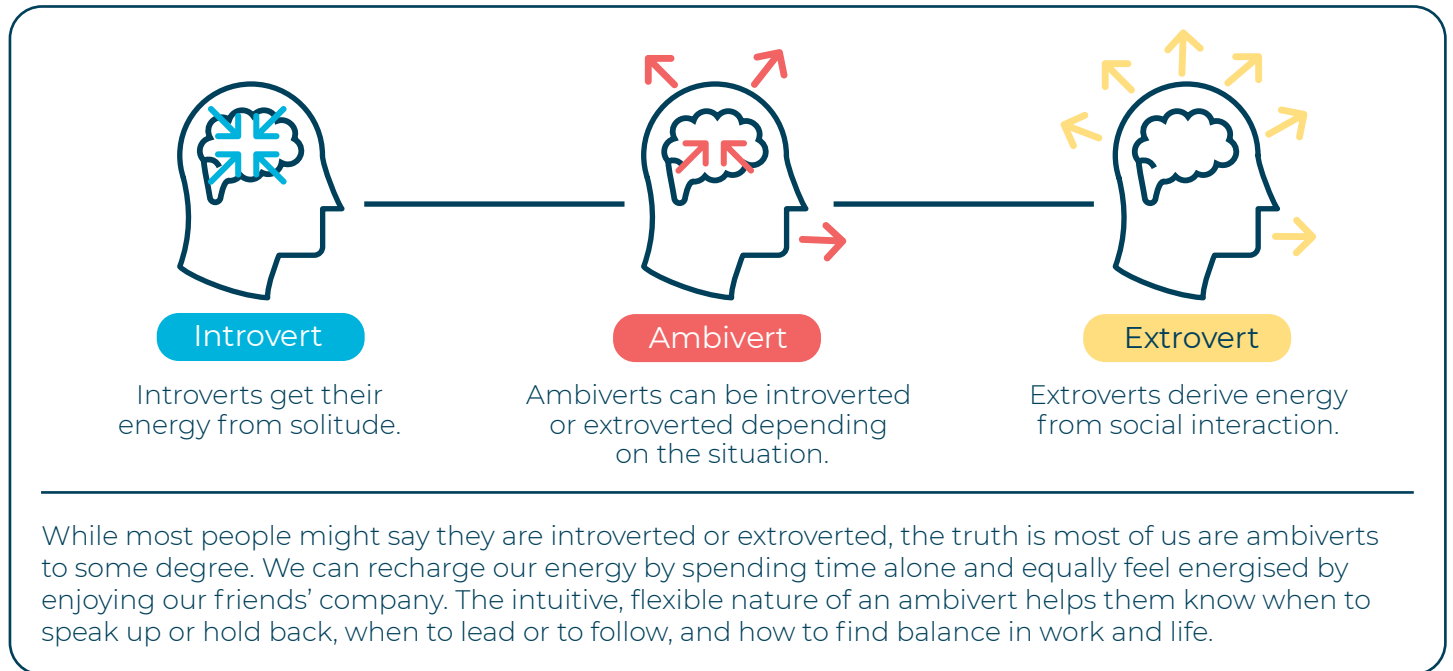


# Introvert, Extrovert Or Ambivert?



Thanks to the work of psychologist, Carl Jung, we have two common terms used to define the way people get their energy; **introvert** and **extrovert**. But, in truth most of us are **ambiverts**, getting our energy from a mix of situations that sit somewhere in the middle of the spectrum.



## WHY IS THIS IMPORTANT TO KNOW?

The better you understand what energises you, the better you can plan your days productively. Know your strengths and play to them. For leaders, the better they understand their team, the easier it becomes to work with them and draw out their best.



### Consider what *drains* you. For example:

- 1 Long meetings
- 2 After hours work
- 3 Negative personalities

### Consider what *energises* you. For example:

- 1 Focused work
- 2 Team activities
- 3 A positive environment

### Take control of where you spend your time.

As much as is possible or practical, you should avoid those situations that drain your energy. When we spend time in environments that energise us, we're less likely to cancel plans or hold ourselves back from new opportunities.

## REFLECTION:

List one situation that often leaves you drained:

List one situation that energises you:

List three actions you can take to spend more time in your energising situation:

*(Example: I like time to focus alone on my work, so I'll allocate an hour each day to do this)*