



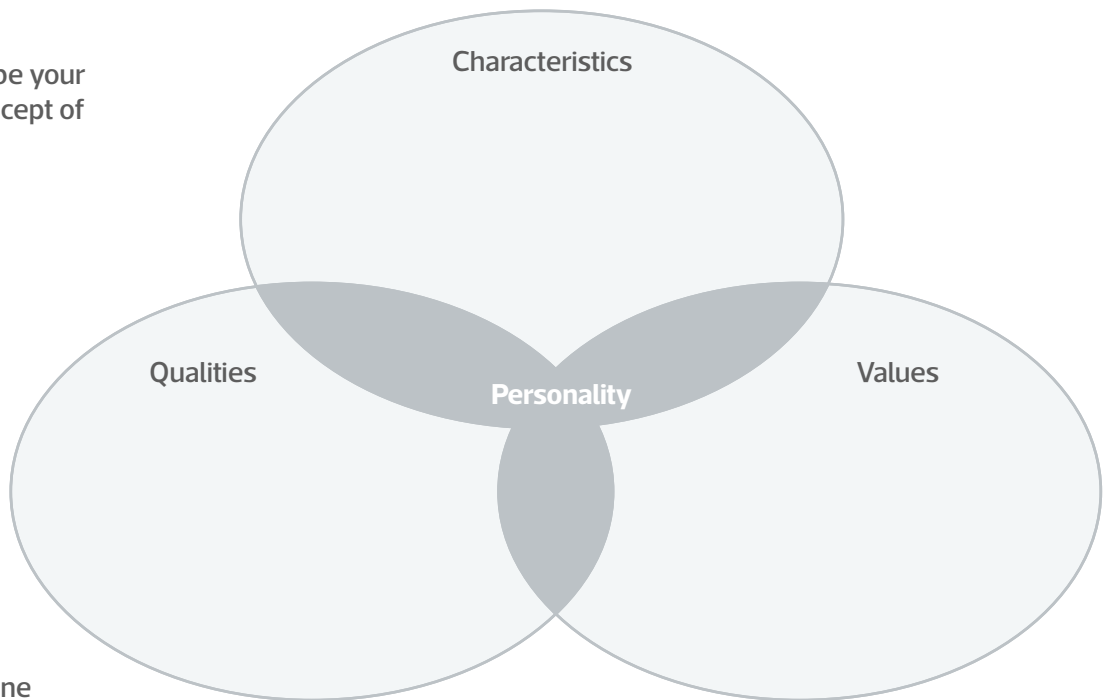
One of The Institute's **worksheets** series, to help you improve your leadership skills and capability, making you a better leader

The focus of this worksheet, based on the Spotlight 'Personality Types,' is the concept of personality and using the Johari Window to understand your perceptions and the perceptions others have of you.

You should take approximately **two hours** to complete this worksheet and read the accompanying Spotlight

Personality

Use the spaces to describe your understanding of the concept of personality:



How would you now define 'personality'?

Testing Personality

One way of evaluating yourself is to complete personality tests. **Use the space below to summarise the strengths and weaknesses of this approach:**



Strengths

Weaknesses





Worksheet

Self-Awareness: Personality Types

Using Johari's Window

Johari's Window is a simple and useful tool for helping understand your perceptions and the perceptions others have of you.

Complete the template below to describe three factors in each quadrant:

Open Self	Blind Self
Hidden Self	Undiscovered Self

How might the Open Self quadrant be expanded horizontally into the Blind Self Quadrant? What would be the benefits of this for you and for your team?

How might the Open Self quadrant be expanded vertically into the Hidden Self Quadrant? What would be the benefits of this for you and for your team?

How might the Open Self quadrant be expanded diagonally into the Undiscovered Self Quadrant? What would be the benefits of this for you and for your team?

Review Write a tweet summarising your personality type in your own words: