

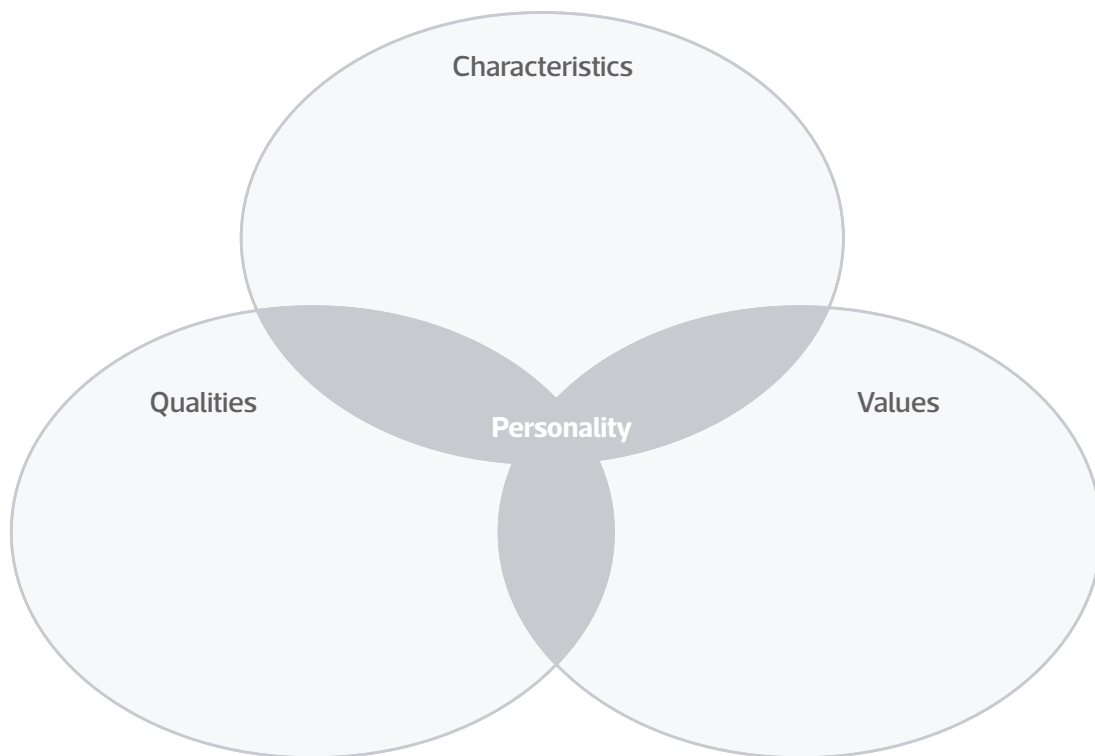
One of The Institute's **worksheets** series, to help you improve your leadership skills and capability, making you a better leader

Self-aware leaders know themselves well. They play to their strengths and minimise or overcome their weaknesses. This worksheet is based on the Spotlight 'Personality Types.'

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

Personality

Use the spaces below to describe your understanding of the concept of 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 

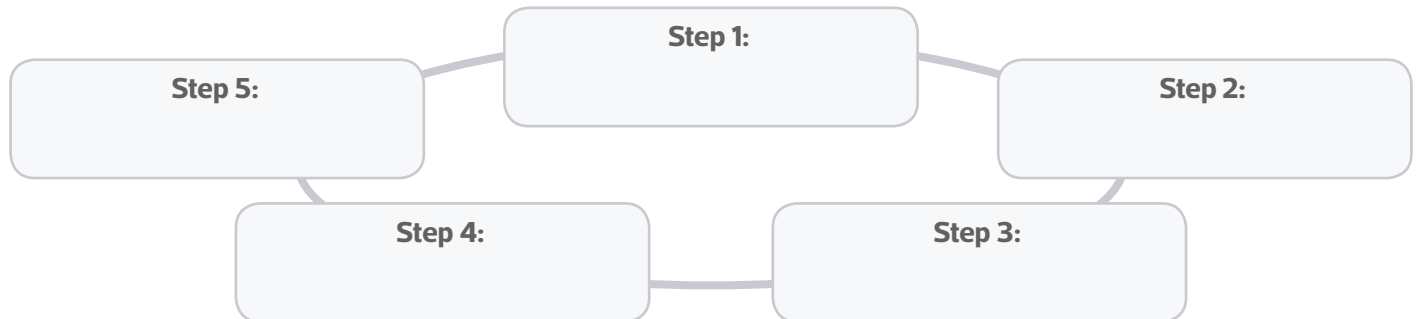


Worksheet

Self-Awareness: Personality Types

Reflecting on Your Personality

Honest self-reflection is a skill which you can cultivate. It has the advantage in that it is dynamic, and opportunities present themselves daily so developing a regular process can become a habit. **What are the five steps in this process?**



Demonstrating Your Understanding

One of the best ways to demonstrate to yourself that you have understood what you have learned is to apply your understanding to a real-life scenario. The grid below will help you. **Use the steps and advice from the spotlight to reflect on a situation where you performed well and one where you performed less well.**

Describe a situation...	
where you did WELL:	where you did LESS WELL:
What did you say or do that affected the situation?	
How did others behave?	
What went well/not so well?	
What did it tell you about your personality?	

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

All references are cited in The Institute of Leadership (2018) 'Spotlight on Personality Types'

Authenticity - Self-Awareness - Personality Types

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