



Discover Your Workplace Personality Style

Instructions: Rate each statement from 1–5

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

Section A: The Achiever

- 1. I enjoy setting goals and working towards them.
- 2. I like taking charge of situations.
- 3. I am highly motivated by results.
- 4. I enjoy solving problems quickly.
- 5. I become frustrated when progress is slow.

Total A: _____

Section B: The Connector

- 6. I enjoy meeting and interacting with new people.
- 7. Relationships are important to me.
- 8. I naturally encourage and motivate others.
- 9. I enjoy working in teams.
- 10. People often come to me for support or advice.

Total B: _____

Section C: The Supporter

- 11. I prefer harmony over conflict.

- 12. I am patient with others.
- 13. I enjoy helping people succeed.
- 14. I remain calm during difficult situations.
- 15. I value stability and consistency.

Total C: _____

Section D: The Analyst

- 16. I like facts and details before making decisions.
- 17. I enjoy planning and organizing.
- 18. Accuracy is important to me.
- 19. I prefer structure and clear expectations.
- 20. I carefully consider options before acting.

Total D: _____

Your Results

Mostly A's – The Achiever

You are goal-oriented, driven, and motivated by progress. You enjoy challenges and often thrive in leadership or high-performance environments.

Potential wellbeing risk: Burnout, impatience, overworking.

Growth area: Balance achievement with self-care.

Mostly B's – The Connector

You are energetic, relationship-focused, and enjoy working with people. You often bring positivity and enthusiasm to those around you.

Potential wellbeing risk: Taking on others' emotions, difficulty setting boundaries.

Growth area: Prioritize your own wellbeing while supporting others.

Mostly C's – The Supporter

You are dependable, caring, and supportive. You value harmony and often create a sense of stability for others.

Potential wellbeing risk: Avoiding conflict, neglecting personal needs.

Growth area: Learn to communicate your needs confidently.

Mostly D's – The Analyst

You are thoughtful, detail-oriented, and strategic. You prefer careful planning and informed decision-making.

Potential wellbeing risk: Overthinking, perfectionism, stress from uncertainty.

Growth area: Become comfortable with flexibility and imperfection.

Reflection Questions

- What are your greatest strengths?
- How do you typically respond to stress?
- What workplace environments help you thrive?
- What personal habits support your well-being?
- What area of growth would benefit you most right now?

Next Step

Understanding your personality style can help you build stronger relationships, improve communication, manage stress more effectively, and enhance your overall well-being. If you'd like to explore your results further, consider booking a psychosocial support or personal development session.
