



Beacon Education

Supporting world-wide community education

Understanding your personality type

Information in this presentation is from "Focus on the Family" USA

Understanding your personality type

Why is understanding your personality type important to having a positive mental attitude?

- Often, we look at other people and think, “I’m not like them.”
- Maybe we think negatively about ourselves because we think we SHOULD be like that person.
- But as we learn more about our own personality, we recognize that each personality type has something unique and valuable to offer... including YOURS!

Understanding others

- Maybe we look at someone and say to ourselves, “Why aren’t they like me? ...”
- “Why don’t they do things the way I would?”
- “The way they do things is not right!”
- Understanding the personality types of others can help us overlook and accept the way they are, or the way they do things, and not think of others in such a negative light.

Four types of personalities

- Most of us fall into one of four personality categories, although some people could be a mixture of two.
- Understanding WHO you are helps you to set goals for yourself and aim for the best targets in the things you choose to do.



What are the 4 types?

- The Lion – the leader
- The Otter - a playful, joyful spirit
- The Golden Retriever - a loyal friend
- The Beaver - a hard worker and a detailed planner

The Lion



Strengths of the Lion

- naturally takes charge; assertive
- loves taking the lead and generally knows which way they want to go.
- has confidence in moving towards a goal
- naturally competitive and often initiates projects
- enjoys challenges
- wants to do things “now!” and hates to waste time when they could be getting something else done.

Weaknesses of the Lion

- wants to make decisions quickly – (might mean they might not have all the facts)
- under pressure, can be so decisive that they struggle with slowing down to get input from others before making a decision
- so driven to get something done, the task is more important than people, or the feelings of others.
- under pressure, if they feel their time is being wasted, or a decision is being blocked, they can be impatient, argumentative or even pushy.

Greatest contribution

- They can accomplish much!
- When a Lion gains the wisdom to slow down and seek to include others, the Lion will become a great leader.
- A wise Lion will take the time to really “see” the strengths of the people God has placed in his or her life, and be an encourager to others.

The Otter



Strengths of the Otter

- fun-loving, enthusiastic, playful and encouraging.
- loves people and loves to talk.
- doesn't focus on details
- naturally friendly and engaging; they can form friendship bonds quickly with others.
- creative and full of energy, enthusiasm and life.
- optimistic and sees potential in new ideas.

Weaknesses of the Otter

- loves starting things. (Sometimes that means they don't finish everything they start.)
- doesn't see the risks associated with a new idea, (doesn't always take time to read instructions)
- may be disorganized or too fun-loving when it comes to important discussions or challenges
- may be insensitive about not meeting deadlines that affect others.
- may be a 'people pleaser' and say yes to everything.

Greatest contribution

- They are great to have on a team or in a marriage or family, with all their creativity, optimism, energy and life.
- A wise Otter knows how crucial it is to value people around them who are good at following through and setting a clear path.

The Golden Retriever



Strengths of the Golden Retriever

- considerate, good-natured and strong team player.
- kind-hearted and loves helping, serving and looking for ways to come alongside others, particularly people who are hurting
- appreciates people of other personality types
- excellent at seeking peace and harmony with others and wants to see closeness and caring attitudes in a home, marriage or workplace.

Weaknesses of the Golden Retriever

- often tends to avoid problems at all costs, saying things like “Let’s talk about that tomorrow” or “Let’s deal with that later.”
- seeks to avoid conflict so much that they won’t talk about serious issues that need dealing with.

Greatest contribution

- kindness, helpfulness and keeping the peace
- but there are times when problems need to be faced and dealt with today — not six months from now. This is why Golden Retrievers need others around them, who can help them move forward to achieve goals.

The Beaver



Strengths of the Beaver

- Have you ever heard the phrase, ‘busy as a beaver’?
- They are organized, detailed and dependable.
- They catch the spelling mistakes that everyone else misses.
- They need to know EXACTLY, not approximately, how much money they have in the bank.
- They’re great at following through and completing detailed tasks.

Weaknesses of the Beaver

- can be highly critical of others
- can hold on to a grudge for a long time, clearly remembering the details of the offense
- can be extremely hard on themselves, particularly if they feel they've fallen short of a goal, made a mistake or done something wrong.

Greatest contribution

- attention to detail and desire to do things in a quality and correct way
- can spot problems early on, even when an idea is being shared initially — which is one reason it's a good idea to invite a Beaver into a conversation or have one on your team.
- can help identify risks and challenges that can block or keep something from being successful.
- Beavers finish tasks and are good at planning today for a positive future.

Christmas Party Scenario

A Christmas party was planned.

- The Lions organized the party.
- The Otters came to the party wanting to talk to everyone there.
- The sensitive Golden Retrievers sat with one person who needed encouragement.
- The Beavers were the only ones who remembered to bring the food! That's because "Bring food" was on their list. Beavers love to check things off lists!

To do ...

This presentation comes with a questionnaire, which will help you identify your personality type.

Complete the questionnaire and share your results with another person.