

# Welcome

to

---

## Re-Energize and Revitalize Your Life



1



## Agenda

---

- The Four Temperaments
- Introversiion and Extraversiion
- Activity: What is draining your energy?
- How to re-energize or revitalize yourself
- Activity: What re-energizes or revitalizes your temperament?
- Conclusion

2



## Temperament Theory

---

- Everyone is a blend of 4 temperaments
- We will use coloured names to refer to these 4 types
- Each person usually prefers one (or more) type(s)
- All 4 types are equally good!! All have strengths and challenges

3



## It's a Great Tool

---

- Help us understand our own strengths and challenges
- Recognize and understand the strengths and preferences of others
- Improving communications and interpersonal relationships
- Realize that differences are "gifts" not faults

4



## What are Preferences?

---

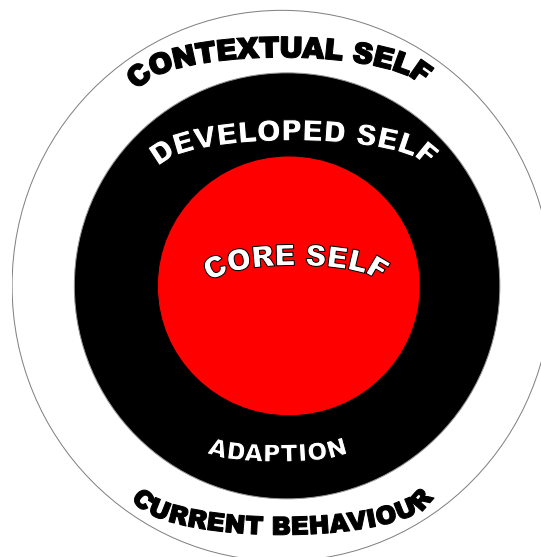
- On a piece of paper sign your name as you normally do
- Now, sign your name again, just below the first signature, but this time use your other hand



5



### Understanding Self



6



## Inquiring Greens

---

### Needs and Values

- To be competent and be seen that way by others
- Need to know "Why"
- An ongoing quest for knowledge

7



## Strengths

---

- Great logical problem solvers – especially with complex problems
- Systems thinkers – how to improve the overall system
- Big picture, conceptual thinkers
- They bring a healthy scepticism to situations
- They bring a calmness to a situation
- Enjoy new challenges – often change agents

8



## Potential Challenges

---

- Can find social situations uncomfortable
- Can be perceived as cold and uncaring
- May have difficulty explaining detailed information
- Dislike repetitiveness, redundancy, illogical arguments and incompetence
- Can suffer from information overload and analysis paralysis

9



## Resourceful Oranges

---

### Needs and Values

- Freedom is of ultimate importance

10



## Strengths

---

- Highly adaptable – can be chameleons
- Work tirelessly to develop a skill or behaviour
- Masterful negotiators and promoters
- Tactically gifted – what is the best move in the moment?
- Effective problem solvers and trouble shooters
- Generally take a light hearted attitude towards life - have a sense of fun and playfulness
- Like being challenged and will take risks

11



## Potential Challenges

---

- If they don't have sufficient freedom or they become bored – they may act out
- As they are natural risk takers and adventurers – they can get themselves into potentially harmful situations
- Can be very impatient with theory or semantics
- May act too quickly and miss the big picture

12



## Organized Golds

---

### Needs and Values

- Belonging at work, home and the community

13



## Strengths

---

- Planning and organizing skills (priorities, planning, to do lists)
- Sound judgment and common sense
- Dependability, hard work and loyalty
- High standards for themselves and others
- Cooperative
- Provide cultural stability by upholding traditions at work, home and community

14



## Potential Challenges

---

- Because of their belief in quality they can be critical of themselves and others
- They can become overworked and exhausted
- They can become so focused on the details that they do not see the big picture
- Because of their sense of responsibility, they can live in a constant state of anxiety
- As they enjoy the status quo change can be challenging

15



## Authentic Blues

---

### Needs and Values

- People
- Meaningful relationships

16





## Strengths

---

- They often excel in communicating with others – listening, reading body language and expressing themselves
- At their best when identifying and developing the potential of others
- Can mediate and resolve conflict
- Work well with conceptual information and can see the big picture
- Tend to be creative, imaginative and intuitive

17



## Potential Challenges

---

- Can be very sensitive to criticism and conflict
- They may have a tendency to be overly helpful and create dependencies
- May spend too much time focused on how people work together rather than the task at hand
- Goal setting, time management or focusing on details can be challenging for them
- May find it difficult to say “NO” and therefore can take on too much

18



## Extravert vs Introvert

- Seeks energy from the outside world
- Tend to think and problem solve out loud
- Tend to be energized by working with others
- Seen as enthusiastic
- Seeks energy form within themselves
- Tend to process thoughts and resolve problems internally
- Tend to be energized by working alone
- Seen as calm

19



extrovert



introvert



20



## Temperament Activity

---

In your preferred temperament group discuss:

- What drains your energy?



21



## Meditation

---

- Improves Concentration and memory
- Better health
- Less anxiety
- A deeper understanding of ourselves and our life purpose

22



## Types of Meditation

---

- Progressive relaxation
- Focused attention or mindful meditation
- Guided meditation
- Walking meditation

23



## Exercise and Fatigue

---

- Sedentary people who completed a regular exercise program reported improvement fatigue compared to groups that did not exercise
- Even people with chronic illnesses benefited from a regular exercise program



## Exercise and Brain Health

---

- People who are more physically active during the day were less likely to experience brain shrinkage in their frontal lobe
- The frontal lobe plays a role in problem solving, personality, judgment and memory

25



## Reconnecting with Nature

---

- Being outside in nature for just 20 minutes in a day is enough to significantly boost vitality levels
- Exposure to nature has been linked with increased energy and heightened sense of well-being
- People on wilderness excursions report feeling more alive and that just recalling outdoor experiences increases feelings of happiness and health

26



## Positive Thinking

---

- They're problem solvers who try to improve the situation.
- And if it can't be altered, they're also more likely than pessimists to accept that reality and move on.
- Physically, they're more likely to engage in behaviors that help protect against disease and promote recovery from illness

27



## Positive Behaviours

---

- Spend more time with people (whether you are an extrovert or introvert)
- Schedule your day so that there is a certain event that will bring you joy e.g. a walk in nature, a favourite hobby etc
- Practice loving kindness mediation for yourself and others e.g. "may you feel happy", "may you feel healthy".

28



## Re-Thinking Your Core Purpose

---

- Sustained positivity and energy comes from meaning-making
- Our ability to find purpose and value within and across our daily activities is what will allow us to feel energized

29



## Sleep

---

- Poor sleep is linked to weight gain
- Effective sleep improves your immune system
- Good Sleep Can Improve Concentration and Productivity

30



## Revitalization Activity

---

In your preferred temperament group discuss:

- What is it that Re-energizes or Revitalizes you?

