

# Welcome

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## Re-Energize and Revitalize Your Life



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## Agenda

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

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## Temperament Theory

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- 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

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## It's a Great Tool

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- 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

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## What are Preferences?

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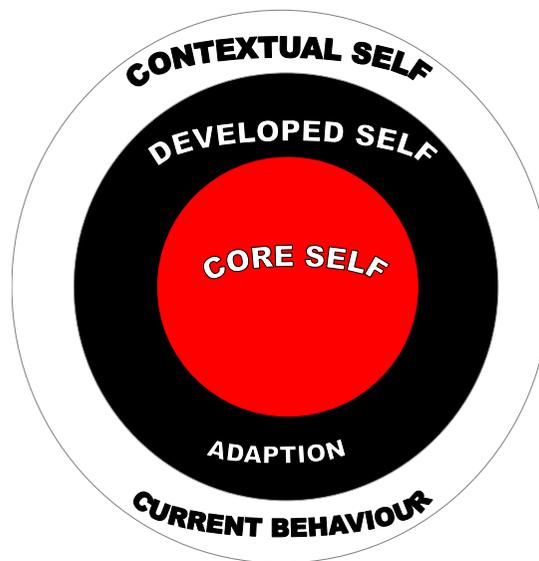
- On a piece of paper sign your name as you normally do
- Now, sign your name again, just below the first signature, but this time use your other hand



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### Understanding Self



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## Inquiring Greens

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### Needs and Values

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

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## Strengths

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- 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

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## Potential Challenges

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- 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

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## Resourceful Oranges

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### Needs and Values

- Freedom is of ultimate importance

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## Strengths

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- 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

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## Potential Challenges

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- 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

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## Organized Golds

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### Needs and Values

- Belonging at work, home and the community

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## Strengths

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- 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

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## Potential Challenges

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- 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

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## Authentic Blues

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### Needs and Values

- People
- Meaningful relationships

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## Strengths

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- 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

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## Potential Challenges

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- 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

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## 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

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extrovert



introvert



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## Temperament Activity

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In your preferred temperament group discuss:

- What drains your energy?



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## Meditation

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

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## Types of Meditation

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

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## Exercise and Fatigue

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- 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

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- 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

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## Reconnecting with Nature

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- 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

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## Positive Thinking

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- 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

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## Positive Behaviours

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- 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".

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## Re-Thinking Your Core Purpose

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- 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

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## Sleep

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

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## Revitalization Activity

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In your preferred temperament group discuss:

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

