

# How we get energy and re-energise

## Introversion

Quiet



Observant



Inwardly focused



Depth focused



Intimate



Reserved



Reflective



Thoughtful



Cautious



## Extroversion

Talkative

Involved

Outwardly focused

Breadth focused

Gregarious

Flamboyant

Action oriented

Outspoken

Bold

# How we make decisions

## Thinking

Formal

Impersonal

Analytical

Detached

Objective

Strong-minded

Competitive

Particular

Task focused



## Feeling

Informal

Personal

Illogical

Involved

Subjective

Flexible

Accommodating

Ambivalent

Relationship focused