

~ REPORT FOR ~

**E** **N** **F** **P**

EXTRAVERTED • INTUITIVE • FEELING • PERCEIVING



# YOU'RE AN **ENFP**

**ENFP** stands for **Extraverted, iNtuitive, Feeling, Perceiving**.  
Each letter of your personality type describes a key aspect of who you are.



## **EXTRAVERSION**

Your Energy Style

Enthusiastic, Gregarious,  
Sociable, Expressive

Your energy style is Extraversion (in contrast with Introversion). This dimension describes how you manage your energy.

Extraverts are energized by engaging with other people. They approach the world enthusiastically and want to experience the excitement of life.

You enjoy:

- Interacting with people
- Being in busy surroundings
- Engaging with the outside world
- Expressing thoughts and feelings
- Being noticed by others
- Stimulation and activity

## **INTUITION**

Your Cognitive Style

Creative, Imaginative,  
Unconventional,  
Forward-Thinking

Your cognitive style is Intuition (in contrast with Sensing). This dimension describes how you process information.

Intuitives process information in an abstract, imaginative way. They focus on ideas and concepts that cannot be directly observed.

You like to focus on:

- Observing patterns and connections
- Interpreting meaning
- Imagining potential
- Ideas and concepts
- Innovation and creativity
- Possibilities for the future

## **FEELING**

Your Values Style

Passionate, Empathetic,  
Supportive, Warm

Your values style is Feeling (in contrast with Thinking). This dimension describes your orientation to personal values.

Feelers value empathy, cooperation and compassion. They believe that everyone has a responsibility to take care of those around them.

You are concerned with:

- Acting out your ideals
- Engaging your emotions
- Considering the impact on people
- Seeking harmony and appreciation
- Serving others
- Making authentic decisions

## **PERCEIVING**

Your Self-Management Style

Open-Minded, Spontaneous,  
Adaptable, Whimsical

Your self-management style is Perceiving (in contrast with Judging). This dimension describes how you organize your life.

Perceivers like freedom and spontaneity. They have a carefree attitude towards life and would rather be flexible than structured.

You prefer to:

- Be free to do what interests you in the moment
- Make the rules up as you go
- Have the freedom to be flexible
- Brainstorm options
- Do things when inspiration strikes
- Go with the flow and enjoy surprises

# KNOWING YOURSELF

You are curious about others and preoccupied with discovering the deeper meaning in people and ideas.

You want authentic experiences and often seek emotional intensity.

You prize individuality and often consider the pursuit of happiness to be the highest priority in life, both for yourself and for others.

You are easily bored by details and repetition and seek out situations that offer an escape from the mundane.

Novelty is attractive to you, and you likely have a wide range of interests and friends from many backgrounds.

You place great importance on personal freedom and self-expression, and want to be able to go wherever inspiration leads.

You are an agile and expressive communicator, using your wit, humor, and mastery of language to create engaging stories.

Imaginative and original, you often have a strong artistic side. You are drawn to art because of its ability to express inventive ideas and create a deeper understanding of human experience.



## YOUR KEY MOTIVATORS

- EXPRESSING CREATIVITY
  - EMBRACING NEW EXPERIENCES
- UNDERSTANDING PEOPLE
- PROVIDING ACCEPTANCE AND SUPPORT



## CORE VALUES

- CURIOSITY
- SELF-EXPRESSION
  - VARIETY
  - ADAPTIBILITY

# DEALING WITH OTHERS



## YOU CONNECT BY

- PROVIDING WARM SUPPORT
- SHARING EMOTION
- CELEBRATING DIFFERENCES
- ENCOURAGING OTHERS TO REACH THEIR GOALS

## HOW YOU APPEAR TO OTHERS

You love to talk about people: not just the facts, but what motivates them, what inspires them, and what they envision achieving in life.

You'll often share your own aspirations freely, and want to hear those of others in return.

You are unlikely to judge anyone's dream, and will discuss the most imaginative and outlandish of fantasies with warm, enthusiastic intensity.

You love to explore creative possibilities, and nothing deflates you faster than talking about dry facts or harsh reality.

You often seem unconventional, and may come off as scattered; you don't tend to be in touch with your physical surroundings.

You often overlook the details, as you are more likely to focus on connecting with other people or on exploring your own imagination and self-expression.

You have little patience for the mundane and want to experience life with intensity and flair.

You may have an artistic streak, be artistic in appearance, or have developed a distinctive and quirky personal style.



## YOU COMMUNICATE BY

- BUILDING RAPPORT
- FOCUSING ON RELATIONSHIPS
- ENCOURAGING PERSONAL GROWTH
- CELEBRATING INDIVIDUAL CONTRIBUTIONS



## YOUR RELATIONSHIP STYLE

- You are warm, caring, and emotionally engaged with your loved ones.
- You are quite comfortable sharing your emotions with others, and connect best with those who can do the same with you.
- Tolerant and open-minded, you accept your friends and family members as they are, but also are extremely supportive of their personal development efforts.
- You want those you love to pursue their dreams and be happy, and will do your best to support them as they do so.

## YOUR COMMUNICATION STYLE

- You are an enthusiastic, collaborative communicator who loves exploring possibilities for people.
- You often enjoy getting to know other people and understanding what inspires them, and are insightful about solutions to personal problems.
- Highly empathic, you can find something to identify with in almost every person you meet, and enjoy encouraging other people to develop and grow.



# FINDING YOUR CALLING



## YOUR IDEAL WORK ROLES

- VISIONARY IDEALIST
- IMAGINATIVE CREATOR
  - PASSIONATE INDIVIDUALIST
- INSPIRING GUIDE

## HOW YOU WORK

At work, you are concerned with using your creativity to express yourself and benefit others.

You want to explore the possibilities for yourself and other people, and approach your work with vision and inspiration.

You enjoy taking on creative or people-centered problems that call for an imaginative, original solution.

You are often motivated by your beliefs in humanitarian causes and want work that is consistent with your values.

You are particularly interested in helping other people develop as individuals.

You prefer careers that allow you to pursue your ideals of personal growth and artistic expression.

You dislike routine work and want a variety of tasks and challenges.

You prefer to set your own schedule and chafe when saddled with excessive regulations or mundane details.

You seek out fun, novel tasks that allow you to be imaginative and relate to other people in an unstructured, supportive way.



## YOUR IDEAL WORK ENVIRONMENT

- SUPPORTIVE AND WARM
- FOCUSED ON SERVICE
- VALUES CREATIVITY AND INGENUITY
  - FLEXIBLE AND ACCOMODATING

# FINDING YOUR CALLING



## YOUR TEAMWORK STRENGTHS

- INITIATING INNOVATIVE PROJECTS
  - UNDERSTANDING INTERPERSONAL DYNAMICS
- RECOGNIZING THE INDIVIDUAL CONTRIBUTIONS
- ENCOURAGING DIVERSITY OF THOUGHT

## YOUR TEAMWORK STYLE

You are an enthusiastic, involved team member who is interested in exploring the possibilities for innovation.

You enjoy relating to people and hearing their ideas—the more imaginative, the better.

Although you are open-minded, you are fundamentally grounded in a sense of values, and look for the principles and motivations behind your teammates' ideas.

You have little interest in rules, and will encourage your teammates to think outside the box to create a solution that is unique.



## YOUR LEADERSHIP STRENGTHS

- ADVOCATING FOR CHANGE
  - DEVELOPING UNIQUE SOLUTIONS
- EMPOWERING OTHERS
  - BUILDING RAPPORT

## YOUR LEADERSHIP STYLE

In leadership positions, you convey enthusiasm and excitement for your ideas.

Your leadership style tends to be democratic and flexible, with an eye toward developing human potential.

You enjoy helping others grow as employees and as people, and grant plenty of freedom to your reports to develop innovative and unique solutions.

You motivate with your passion for your ideas and beliefs, and are often insightful in your assessments of employee issues and concerns.

## TOP CAREERS FOR YOUR ENFP TYPE

ENFPs typically choose a career which allows them to use their creativity to express their individuality and personal values. They are often altruistic and enjoy helping other people develop themselves in careers like counseling and education. Many ENFPs consider themselves artistic and are often found in careers in the fine arts, design, or language.

Keep in mind, there are many careers that may be appropriate for you which are not listed here. However, the careers listed here give a representative sample of the top trends for ENFPs in their careers, and thus can give you an idea of where you might find satisfaction.



### ARTS AND DESIGN

- Actor
- Musician
- Dancer
- Artist
- Photographer
- Craft Artist
- Producer or Director
- Landscape Architect
- Fashion Designer
- Interior Designer
- Costumer
- Graphic Designer



### COMMUNITY AND SOCIAL SERVICE

- Clinical Psychologist
- Counselor
- Career Coach
- Psychiatric Social Worker
- School Counselor
- Minister



### LANGUAGE AND COMMUNICATION

- Reporter
- Art Director
- Magazine Editor
- Social Scientist



### BUSINESS AND MANAGEMENT

- Event Coordinator
- Public Relations Specialist
- HR Manager or Recruiter
- Ad Account Executive
- Corporate Trainer
- Retail Manager
- Buyer
- Receptionist
- Forester



### EDUCATION

- Preschool Teacher
- Special Education Teacher



### PERSONAL CARE AND SERVICE

- Fitness Trainer
- Massage Therapist
- Child Care Provider
- Cosmetologist
- Recreation Worker
- Restaurant Host



### HEALTH CARE

- Speech Pathologist
- Physical Therapist
- Chiropractor
- Occupational Therapist
- Nutritionist
- Public Health Educator

## YOUR PERSONAL STRENGTHS

### ADVENTUROUSNESS

You are excited by new experiences and never afraid of change.

### WARMTH

You are warm and accepting, and readily show your appreciation.

### INSIGHT

You see the gifts within each person, often before they do themselves.

### ADAPTABILITY

You keep your cool in chaotic situations and acclimate easily to unexpected changes.

## YOU AT YOUR BEST

At your best, you are creative, sensitive, and passionate about future possibilities.

You sense the potential in everyone, and want to do what you can to help them achieve their dreams.

You are an excellent motivator, keeping people inspired and engaged with your charm and energy.

You use your imagination and compassion to bring people together and affect positive change.

To perform at your best, look for opportunities that allow you to use your talent for innovation to be of service to others.

You are happiest in team environments, as you enjoy being social and bonding with people.

You need to have a sense of purpose in your work, so projects and organizations that align with your values will be most fulfilling for you.



## OPPORTUNITIES FOR EXCELLENCE

- Take advantage of opportunities to share new experiences with others. You will be appreciated for the energy and enthusiasm you bring to the table.
- Look for ways to mentor and help develop others. You have a talent for recognizing a person's strengths and potential.
- Choose team environments, which allow you to work closely with others. Your engaging personality will earn you a reputation as a warm and welcoming team player.
- Embrace diversity. Your flexibility helps you to adjust to a variety of different work styles and perspectives.



## POTENTIAL PITFALLS

- Be open to accepting constructive criticism. Your tendency to take negative feedback personally could cause you to miss out on opportunities to develop yourself.
- Avoid situations where a rigid adherence to policy and procedure is expected. You need freedom and the ability to improvise in order to stay inspired and motivated.
- Watch out for procrastination. You often put off making decisions in order to gather more information, but it's important to learn when it's time to take action.
- Work on finding rational evidence for your ideas. Your sensitivity to others serves you well, but there are times when you need to use logic to win people over.