

UNDERSTANDING YOUR TEMPERAMENT



Objectives

At the end of this presentation, all participants should be able to:

- Define temperament
- Recognize the different temperaments and their characteristics
- Understand its Importance
- Identify the temperament trait that best describes you

What is Temperament?

- Temperament generally refers to a person's set of traits and typical mood that relates to how they approach the world.
- Simply put, your temperament is your basic nature, especially the way people behave/react to life situations or other people.
- Some schools of thought believe temperament is present from birth (genes) and may be indivisible from who you are.
- Others believe it is completely learned and can be shaped.
- Regardless of its source, temperament can influence and shape how a person lives and grows.

Temperament Types

Type	Characteristic	Strengths	Weakness	Likely Career
Choleric	Determined and Dominant	Leader Driven Ambitious Efficient, Planner Confident Motivating	Intolerant Inflexible Impatient Demanding Aggressive Overloaded, Stressed	Business, Law, Technology, Security, Management, Engineering, and Statistics.
Sanguine	Inspiring and Influencing	Social Outgoing Fun loving Forgiving Optimistic Cheerful Warm	Impulsive Forgetful Selfish Exaggerating Not punctual Talkative	Sales, PR, Customer service, Marketing, Travel, Sports, and Entertainment.

Temperament Types

Type	Characteristic	Strengths	Weakness	Likely Career
Melancholic	Cautious and Conscientious	Thoughtful Organized Detailed Self Reliant Creative Considerate Calm	Perfectionist Moody Discontent Pessimistic Anxious Introverted Loner	Research, Art, Science, Accounting, Administration, and Social work.
Phlegmatic	Steady and Supportive	Calm, composed Diplomatic Rational Accepting Reliable, consistent Content, patient	Lack drive, or ambition Socially shy Indecisive Permissive Passive Compromising	Nursing, Education, Psychology, Office work, Assistant roles, Human or Social Services.

Importance

Personal

- Your temperament determines how you move through life and engage with people and situations.
- Learning more about your temperament style increases your self-awareness.
- The more you understand yourself, the more you can accept yourself, and as a result, the more you will love yourself.
- It gives insight into why you make specific decisions or exhibit particular behaviors.
- In essence, knowing your temperament will enable you to behave better and improve your lifestyle, relationships, and productivity.

Career/Organization

For Choleric

- Full of energy and strong leadership skills
- Try to be more caring and sympathetic; take short breaks

For Sanguines

- Great interpersonal skills and positive attitude.
- Time management and combining routine and dynamic tasks are needed.

For Melancholics

- Strong analytical skills; Task-oriented
- Avoid procrastination and being hard on one's self

For Phlegmatics

- Cool-headed and a team player.
- Avoid procrastination and learn to speak opinions or discontent in public.

Exercise



<https://temperamenttest.org/en-gb/>

Conclusion

Quiz results:

Introvert

and Your temperament is

Melancholic

THANK
YOU

