



A Peek at Personalities

A 60-minute Webinar

PERSONALITY STRENGTHS AND WEAKNESSES

POPULAR SANGUINE

STRENGTHS

Loves fun
Vocal variety
Charming
People person
Likes flexibility
Positive
Volunteers
Storyteller
Creative and colorful
Sense of humor
Curious

WEAKNESSES

My notes: _____

POWERFUL CHOLERIC

STRENGTHS

Born leader
Sees the big picture
Loves a challenge
Confident
Usually right

WEAKNESSES

www.LindasWorkshops.com

LINDA BRUNO

LindasWorkshops@gmail.com
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POWERFUL CHOLERIC

STRENGTHS

Determined
Likes change
Unemotional
Independent
Can run anything
Organizes well

WEAKNESSES

My notes: _____

PERFECT MELANCHOLY

STRENGTHS

Genius prone
Analytical
Self-sacrificing
Appreciates quiet
Sensitive
Meticulous
Thrifty
Schedule-oriented
Content to be in background
Makes friends cautiously
Finishes what is started

WEAKNESSES

My notes: _____

PEACEFUL PHLEGMATIC

STRENGTHS

Easygoing
Hides Emotion
Quiet
Patient
Finds the Easy Way
Witty/Dry Sense of Humor
Consistent
Tactful
Happily reconciled to life
Good listener
Calm, cool & collected

WEAKNESSES

My notes: _____

POPULAR SANGUINE	POWERFUL CHOLERIC
PEACEFUL PHLEGMATIC	PERFECT MELANCHOLY

Place the appropriate word or phrase from each set of 4 characteristics in the box with the matching personality style:

- A) 1 is a watcher
1 is a talker
1 is a thinker
1 is a doer

What thoughts come to mind as you fill in the quadrants?

- B) Who is the support person?
Who is the creative person?
Who is the detail person?
Who takes the lead?

- C) 1 wants to get it done
1 wants to get along
1 wants to get attention
1 wants to get it right

- D) 2 are task-oriented
2 are people-oriented

What other areas of life are impacted by our “behavioral tendencies”? _____

Which style do you have the hardest time dealing with?? _____

Why? _____

What is *the*** most important thing I've learned from today's session?** _____

What will I do with this information? _____

Resources: <https://thepersonalities.com/> (for the *Wired That Way* assessment)