

TypeFocus Paper - Tamara Kenick

The Myers Briggs Type Indicator is a survey with a series of questions to indicate an individual's personality. This indicator helps someone understand how their personality can assist in choosing a rewarding and successful career. It can guide career research, goal alignment, communication skills, conflict resolution and a better understanding of one's personality overall.

My type indicator was ENFP which represents Extraversion, Intuition, Feeling and Perceiving.

E-The extraversion title indicates I am very outgoing, friendly, a good communicator and one that can influence others. I am currently a Corporate Recruiter for a software company in Lehi. Because of my job, I have to be an extravert in order to speak to candidates, hiring managers and colleagues on a daily basis. Although I am an extravert now, I did not grow up as one. I actually was more on the quiet side in adolescence. I was an only child and didn't have much interaction with others and had to build those communication skills in my adult life.

N-The intuition title indicates I can read and sense others well and assess a situation quickly to reach a decision. This I agree with because I have had to develop these skills for my job over the years. In my role, I have to assess a person's ability to perform a job by talking to them in a short period of time (sometimes only on the phone). I tend to not be as intuitive in my personal life, as I have made quick assessments of men that have been DEAD wrong! Although I do cut myself some slack because when it comes to dating, I tend to ignore the warning signs of my intuition in hopes of finding a long term partner.

F-The feeling title indicates I can sympathize with others and have a natural inclination to help and be helpful. I agree with this specifically, because I cannot watch sad movies, clips or read articles about children or animals. It hurts me so deeply sometimes, that I can dwell on a story for days or weeks. I think this is why I tend to joke about painful situations to distance myself from the reality of how awful other people can be in the world.

P-The perceiving title indicates I can listen to others and offer conflict resolution. Again, I love to help others and when I perceive an issue or have an opportunity to offer advice, guidance or a shoulder to cry on, I do so. This in return makes me feel like I am contributing to others in a meaningful way.

Overall, I agree with this assessment as I reflect on the way I handle home, work and personal decisions. I typically will see how I feel or interpret a situation in order to solve a problem, more so than logically researching long tedious information. I tend to be creative and unstructured in my life and always try to stay away from the mundane and routine. I tend to excel in environments that are relaxed, creative and varied.

Career paths ideal for this indicator include counselling, teaching, psychology, acting, entertainment, clergy and public relations. This fits into exactly what I have been doing in my career for the last 20 years. I work in Human Resources, Career Counselling and Recruitment. These are areas that give me tremendous work satisfaction because I use my communication skills, my intuitive skills, counselling skills, perceiving skills and my innate passion of helping others better their lives.

E-Clear

N-Very Clear

F-Clear

P-Very Clear

The preference clarity is extremely important to know in order to indicate your inclination in these areas. I have a very clear indicator that my personality does fall into these categories and I relate heavily in these 4 areas. I lead with my intuition and perceiving tools. This not only gives me clarity on how to better use these tools but to recognize my areas of potential weaknesses. For instance, knowing I make decisions from my initial gut feelings, I can take a step back and take more time to research, reflect and logically tackle meaningful decisions.

One of the personality types that is completely different from me would be ISTJ-Introversion, Sensing, Thinking, Judgement. These personality types are extremely detail oriented and are logical in their thought processes. They are solvers in an ordered way and are very responsible. They tend to be more on the quiet side and analyze what must be done in an organized fashion.

The mottos for this type is:

Classic Red Motto: To a valiant heart nothing is impossible

Contemporary Red Motto: Follow your passion

I love the contemporary red motto which states "Follow your passion". I say this to my candidates, friends and family members when giving advice. Why stay in a bad relationship, job or situation if you aren't passionately excited about it? We are on this earth for such a small amount of time. My motto is: Be passionate about your pursuits and look back on a well lived and fulfilled life.