



## Ann Other (G5M)

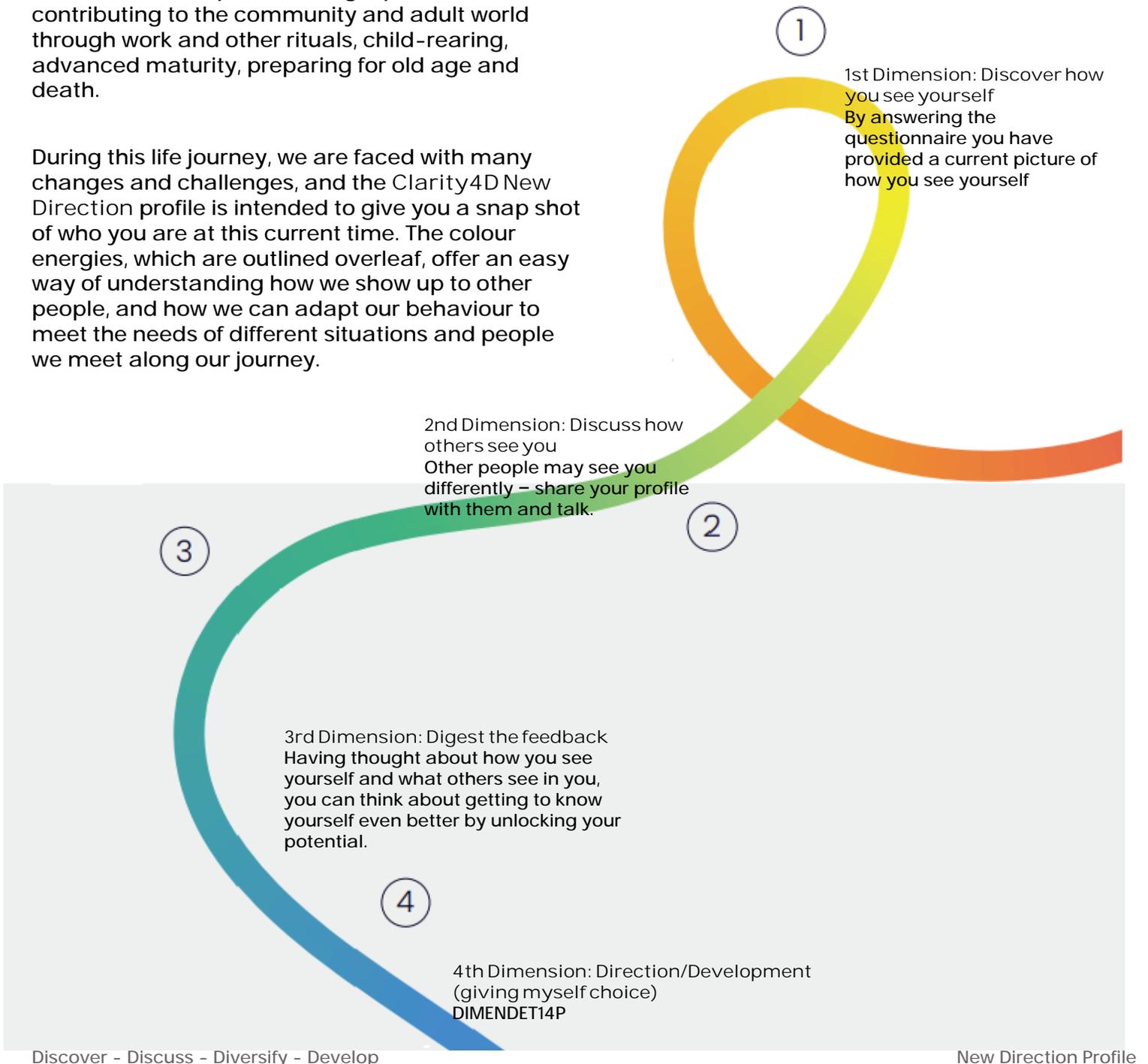
### New Direction Profile

Discover - Discuss - Diversify - Develop

## Why Clarity 4D?

Carl Jung, the psychologist who died in 1961, wrote an essay entitled *The Stages of Life*, starting with childhood, moving through adolescence, becoming an adult, courtship and finding a partner, contributing to the community and adult world through work and other rituals, child-rearing, advanced maturity, preparing for old age and death.

During this life journey, we are faced with many changes and challenges, and the Clarity4D New Direction profile is intended to give you a snap shot of who you are at this current time. The colour energies, which are outlined overleaf, offer an easy way of understanding how we show up to other people, and how we can adapt our behaviour to meet the needs of different situations and people we meet along our journey.



## Understanding The Background

This Clarity4D profile is compiled from a set of statements that is unique to Ann Other.

The idea of personality profiling is not new; it has been around since the Ancient Greeks.

The Link from the Ancient Greeks

Using the idea from the Ancient Greeks of the four elements, Water, Earth, Fire and Air, and the energy that is created by those four elements, the Clarity4D model has been linked to the four psychological types identified by Carl Jung, and our preferred way of behaving. The concept of colour has also been added to help the reader recognise and remember the different types of personality.

INTROVERTED PREFERENCES are represented by Water and Earth – energies that are hidden beneath the surface i.e. sea or soil



(WATER) BLUE energy is shown by people who are introspective and reserved. They like to observe others and think before taking action. They are happy in their own company, and can give an independent, detached analysis, which can sometimes give the impression of aloofness.



(EARTH) GREEN energy is observed in people who are warm and friendly in an under-stated way. They value close relationships and will be loyal and supportive of their family and friends. They like to create a harmonious atmosphere and prefer consensus to confrontation, which can sometimes make them appear indecisive and laid-back.



(FIRE) RED energy is demonstrated by people who are highly energetic and action-orientated. They are positive, straight-talking and assertive. They tend to be goal-focussed and enjoy the challenge of achieving quick results. They are pragmatic thinkers who have an objective approach which can sometimes overlook the needs of other people.

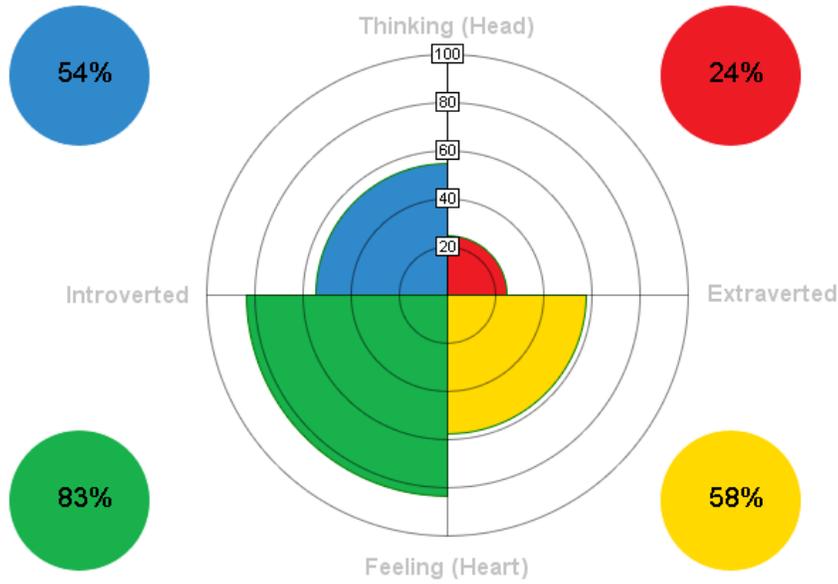


(AIR) YELLOW energy is displayed by people who are out-going, sociable and fun-loving. They particularly enjoy the company of other like-minded people and frequently stand out in a crowd, often enjoying being the centre of attention. They are persuasive, charming and can sometimes overwhelm people with their enthusiastic energy.

As individuals we are a mixture of these four elements, but we have a preference for using some of the energies over others, and the Clarity4D profile will identify which these preferences are, and how we can adapt and use the energies to meet the needs of different people and situations in our personal and professional lives. The profile describes someone like you, it doesn't define you. At the end of the profile is an action plan designed for Ann to complete and work on a future personal development plan.

## How Do You Show Up?

### Conscious-self 'Radial' Graph (G5M)



	THINKING		THINKING
INTROVERTED	<p>Thinker Logical Detached Precise</p> 	EXTRAVERTED	<p>Focused Action-packed Straight-talking Assertive</p> 
	SENSING	INTUITION	SENSING
INTROVERTED	<p>Considerate Patient Relaxed Supportive</p> 	EXTRAVERTED	<p>Involved Fun-loving Enthusiastic Talkative</p> 
	FEELING		FEELING

## 1D: DISCOVER - self awareness

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These pages give an overview of Ann's personal style and some insight into how she works with people and tasks.

1D: Discover how you see yourself

What's Ann like?

Ann likes to be well prepared and wants to know how things work and why things happen. Ann can identify what is important to her and will work hard at protecting it. She will strongly defend a cause she feels passionate about. She is capable of doing lots of different tasks, but is more comfortable with familiar jobs. Hard-working and committed, Ann has a high work ethic and will feel comfortable in an environment where she can get on quietly with her work. Ann's approach to life is to be relaxed, laid back and to enjoy the moment. She works best with tasks that involve people and likes to create a friendly and supportive environment.

She may feel the need to work hard at improving herself and may not want to talk about this need. She has a low-key style and can either take her achievements for granted, or doesn't consider them as special. She is more relaxed with people who take an interest in her and are prepared to spend time on understanding the "real" her. She likes to feel that what she does makes a difference to things she cares about and when that happens she can be a perfectionist.

Ann is understanding, sympathetic and likeable. Her willingness to help others may stop her from chilling out. She likes her contribution to be recognised in a quiet way. She may find it easier to work with people who are steady and consistent. She feels very strongly about certain things and will show it, but she may find it hard to talk to other people about it.

When something she strongly believes in is under threat of change, she can become very stubborn. Ann can be seen as being shy, quiet, sensible and cautious. She is well organised and fairly relaxed about life because she feels in control of what's happening. She may find it difficult to express her inner thoughts. She is quietly persistent in making things happen when she feels strongly about them. She is trustworthy, understanding and imaginative.

## Continued

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How does Ann get on with other people?

Although it is not easy to build a relationship with her, once committed she will form a long and trusting friendship. Ann adds a sense of calm to any situation that she finds herself in. She sometimes thinks that she could have handled a situation better. Ann likes peace. She is naturally diplomatic and is aware of other people's needs. Most people think of her as a kind and approachable person. She is always looking for good in others, so she can tend to overlook their faults and forgive them.

Not wanting to stand out from the crowd, Ann is reserved, especially with people she doesn't know. If her values are questioned, she can become very stubborn and inflexible. She will support others as they push themselves forward. She instinctively knows when to open up and when to remain quiet during a personal conversation.

She can be difficult to get to know well and yet is a loyal friend who is tolerant of other people. Her commitment and willingness to give objective opinions makes her a loyal team player. She has deeply held values which she covers up, but if someone crosses them, her quiet manner can explode into anger. She maybe considered "soft" because she is good at remembering things like birthdays when other people forget or don't care. Ann feels good about life and shares it with other people.

The best sort of environment or work for Ann is...

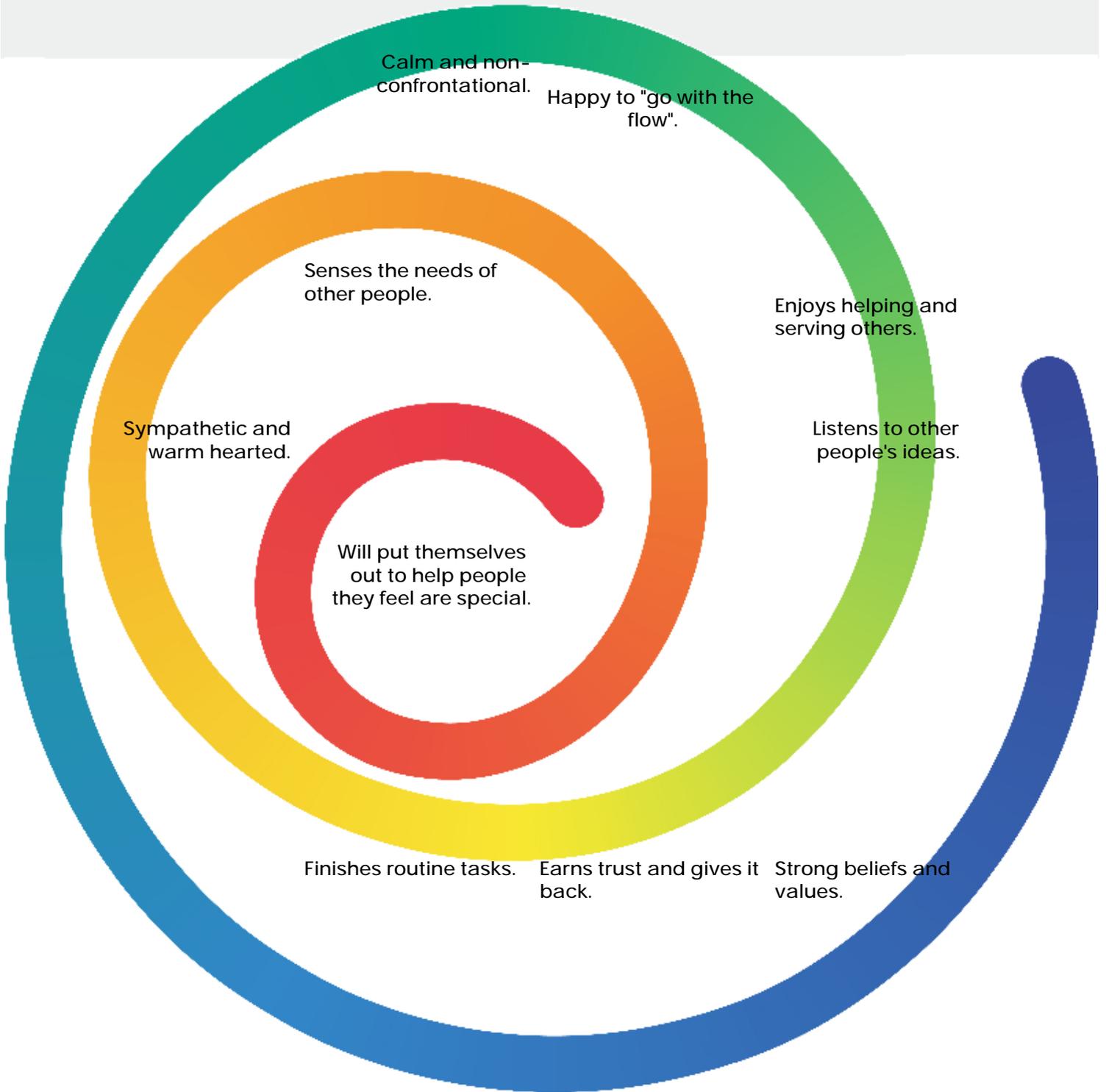
Ann works well in a team where her feelings are valued and her contributions are considered as important. She's not too keen on a competitive atmosphere. The company culture is important and would need to match her own values. She does not work well if she is restricted by rules and authority. She would expect to receive regular feedback and encouragement to help her keep on the right track. Ann likes to have clearly defined responsibilities.

She likes to have all the necessary facts and figures nearby for maximum efficiency. She would like to work in an organisation that appreciates new ideas and gives genuine recognition. The culture she operates best in is one where all members of the team can air their views without fear of comeback. She likes to work in a team where her hard work is recognised and supported by her colleagues.

She likes to work somewhere where people have time to get to know each other inside and outside of work. She enjoys a role where the technical information is sufficient without being too much. She prefers to work with people rather than doing boring and repetitive work. She is good at hiding her frustration to others and will do well in a role where a calm, considered approach is needed. She likes to work in an environment which is non-confrontational.

## Strongest Areas

In no particular order, these are what Ann considers to be her major strengths and intrinsic talents



## 2D: DISCUSS other's perception of Ann

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Ann should invite some key people to read the profile and note their feedback

Name	2 statements you agree with	2 statements to say "I'm curious to know about...."	Other feedback points not included in profile	One Thing to Think About (O-T-T-T-A)
Person 1				
Person 2				
Person 3				

**What is your One Thing To Think About (OTTTA)?**

### 3D: DIVERSIFY your hidden potential

Ann may consider these as areas for growth

Doesn't like to say "no" and can take on too much as a result.

Doggedness and undeserved faith may cause important decisions to be delayed.

She needs time to take on board new information which causes frustration in others who look for a quicker response.

Can take rebuffs very personally.

May feel demoralised if her efforts are not appreciated.

May not be quick to respond to future opportunities.

Is often upset by sarcastic and hurtful comments made about others.

May not put her own ideas and feelings across strongly enough.

May seem sluggish in making decisions.

May be impatient with the way other people work.

### 3D: DIVERSIFY - expanding your thoughts

This page helps you to review your thoughts to enable you to self-coach: consider the OTTTA's that others may have given you and the development opportunities from within the profile.

What do you want to achieve?	
Why is that?	
What will it mean to you when you achieve it?	
What is happening at the moment?	
Why do you think this is true?	
Do you have data or is it your opinion?	
What is the one thing you could do right now?	
What other options are there?	
What might a wise person say to you?	
What is stopping you from taking action?	

## 4D: DEVELOP your full potential over time

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As a result of reading your Clarity4D Profile what action steps will you take?

Describe the person you aspire to be:

To achieve this, what will you stop doing?

By When:

What will you start doing?

By When:

What else do you need to consider?

By When:

By When:

This report represents how you completed the questionnaire, and the questions you might like to consider now are:

- a) Who else do I interact with who may benefit from completing a Clarity4D questionnaire?
- b) What other areas would I like to develop?

There are further chapters of Clarity4D profiles available on:

- a) Working in a Team
- b) 2D Profiles on how others perceive you

For more information on the above visit our website [www.clarity4d.com](http://www.clarity4d.com).