



# Developing Me Workshop

## Part 1: Who Am I?

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# Why is it all about me?

- **Personality**
  - combines our interest, values and abilities
  - informs how we interact with others
  - provides information about our preferences
  - stays with us everywhere we go
- **Challenging our beliefs**
  - play a central role in career decision-making
  - Influence what capabilities we develop
- **Benefits**
  - Learn and reflect more about yourself
  - Gain vocabulary for communicating needs and preferences
  - Feel understood and have increased sense of agency



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## Time to do the work: 16 Personalities

[16personalities.com](https://16personalities.com)

- Incorporates latest research on personality
- Simple, fast, and easily accessible
- Immediate results provided in an easy to understand format
- Can re-take at any time
- Available in 37 different languages

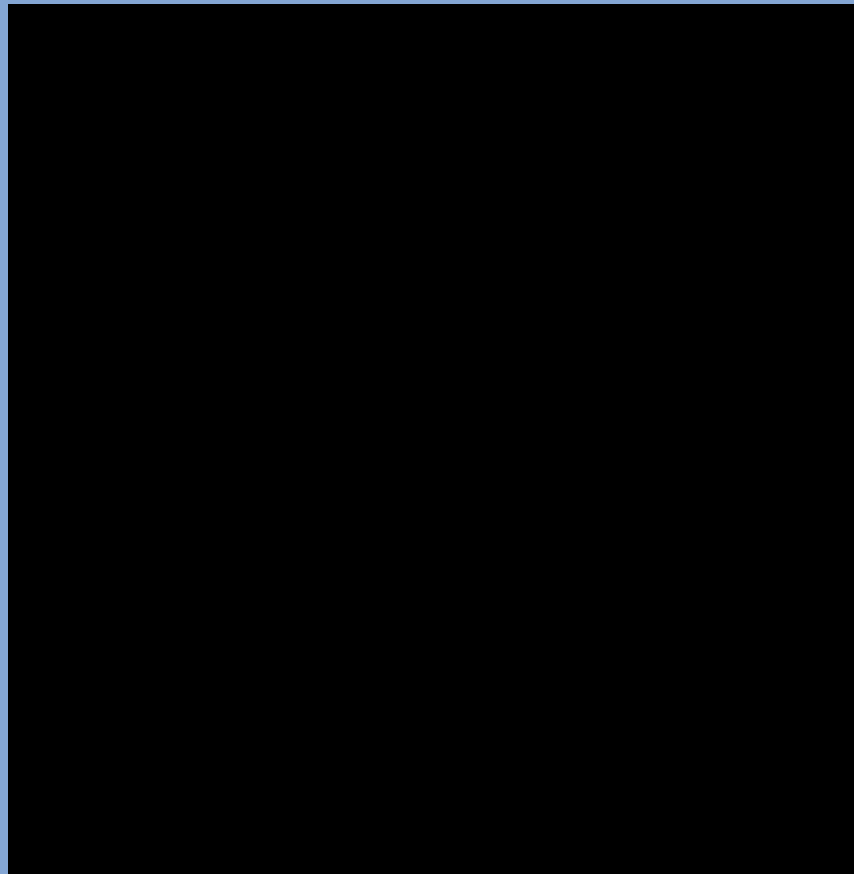


16 Personalities

# Assessment Tips & Tricks

[16personalities.com](https://16personalities.com)

- Before beginning
  - Environment: Distraction free
  - Personally: Calm, focused, energized
  - Optional tools: Paper & pen
- During
  - Pace yourself
  - Read questions as many times as you need
  - Utilize the range of answers available
  - Go back if you need to



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## And the personality goes to....YOU :)

- Take a look at your results
- Optional: Take a few minutes to journal
  - What the experience was like
  - Did any questions surprise you?
  - Do you agree with the results? Why or why not?
  - What felt validating?
  - What was something new you learned about yourself?
  - What did this remind you about yourself?

