

CONNECTING AT THE CROSSROADS



INNOVATION. EDUCATION. PARTNERSHIP. GROWTH.

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Grow Through Self-Actualization

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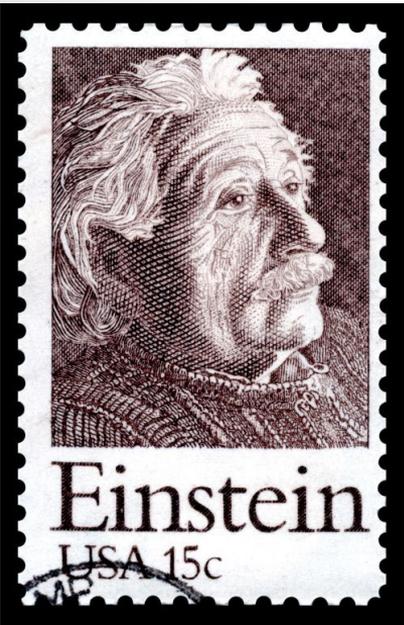
Grow Through Self-Actualization

- Authentic leadership
- Self-actualized people
- Johari Window
- The Jungian Shadow
- The Big 5
- The Art of Becoming Human

Authentic Leadership

- Knowing who you are
- Accepting who you are
- Revealing who you are
- Working on who you want to become

Self-Actualized People

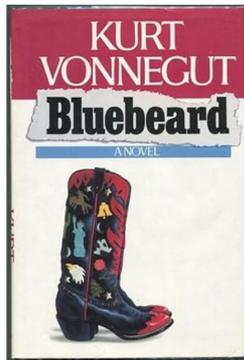


MAYA ANGELOU

“A bird doesn’t sing because it has an answer, it sings because it has a song.”



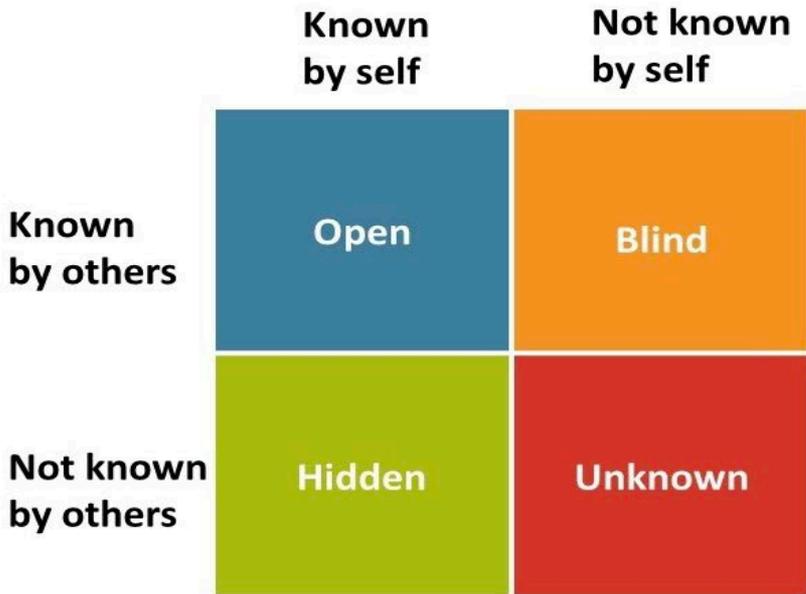
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Self-Actualized People

- Embrace the unknown
- Accept themselves
- Enjoy the journey
- Inherently unconventional
- Motivated by growth
- Have purpose
- Not troubled by little things
- Are grateful
- Share deep sense of relationship
- Are humble
- Resist enculturation
- Are not perfect

Johari Window



Johari

- The "open" quadrant
- The "blind" quadrant
- The "hidden" quadrant
- The "unknown" quadrant

Energetic	Extroverted
Friendly	Giving
Happy	Helpful
Idealistic	Independent
Ingenious	Intelligent
Introverted	Kind
Knowledgeable	Logical
Loving	Mature
Modest	Nervous
Observant	Organized
Patient	Powerful
Proud	Quiet
Relaxed	Reflective
Religious	Responsive
Searching	Self-assertive

Johari Window

Self-conscious	Sensible
Sentimental	Shy
Silly	Smart
Spontaneous	Sympathetic
Tense	Trustworthy
Warm	Wise
Witty	Intuitive
Able	Cheerful
Competent	Accepting
Adaptable	Clever
Bold	Brave
Calm	Caring
Complex	Confident
Dependable	Empathetic
Dictate	Motivational

The Jungian Shadow



"Knowing your own darkness is the best method for dealing with the darkness of others" – Carl Jung

Arrogant

Self-Centered

Vain

Boastful

Pompous

Callous

Cynical

Overcritical

Patronizing

Aloof

Impolite

Inconsiderate

Confrontational

Defensive

Hostile

Nasty

Bossy

Cruel

Domineering

Deceitful

Dishonest

Machiavellian

Sneaky

Untrustworthy

Jungian Shadow

Dogmatic

Inflexible

Intolerant

Narrow-minded

Stubborn

Fussy

Indiscreet

Tactless

Unpredictable

Impatient

Unreliable

Jealous

Possessive

Resentful

Secretive

Irresponsible

Cowardly

Indecisive

Weak-willed

Quick-tempered

Grumpy

Moody

Pessimistic

Vulgar

Who Are You?

BIG FIVE

1. I am open to new experiences and enjoy trying new things
2. I am thorough and pay attention to detail
3. I am talkative and enjoy being around others
4. I am considerate and care about other people's feeling
5. I am easily stressed and worry about things
6. I am imaginative and have a rich inner life
7. I am responsible and dependable
8. I am outgoing and enjoy being the center of attention
9. I am compassionate and empathetic toward others
10. I am easily upset and prone to moodiness
11. I am adventurous and seek out new adventures
12. I am organized and like to keep things tidy
13. I am sociable and make friends easily
14. I am cooperative and work well with others
15. I am relaxed most of the time
16. I am interested in abstract ideas
17. I complete my projects
18. I keep in the background
19. I make people feel at ease
20. I get irritated easily
21. I am quick to understand things
22. I follow a schedule
23. I start conversations
24. I take time out for others
25. I am easily disturbed

RATE YOURSELF ON A SCALE 1-5 FOR EACH QUESTION

1. NOT AT ALL
2. RARELY
3. SOMETIMES
4. OFTEN-TIMES
5. VERY OFTEN

Total your scores for each of the five vertical columns

1___	2___	3___	4___	5___
6___	7___	8___	9___	10___
11___	12___	13___	14___	15___
16___	17___	18___	19___	20___
21___	22___	23___	24___	25___
_____	_____	_____	_____	_____
O	C	E	A	N

Big 5 Personality Traits

1. Openness
2. Conscientiousness
3. Extraversion
4. Agreeableness
5. Neuroticism

Openness

Openness to experience

Openness reflects curiosity, creativity and seeking novelty as opposed to routine. Open people appreciate the arts, adventure and unusual ideas and take more risks; may lack focus.

Less OPEN people are fulfilled through perseverance and are pragmatic and data driven. May be considered inflexible.

Openness

Low

- Dislike Change
- Resists new idea
- Not imaginative
- Prefers routine

High

- Very creative
- Tries new things
- Abstract thinker
- Independent



Conscientiousness

High level of thoughtfulness

Conscientious people are dependable, dutiful, self-disciplined, structured and like to have a plan. They tend to work toward a goal in a focused way.

Low CONSCIENTIOUSNESS individuals are flexible and spontaneous, but can come across as sloppy and unreliable.

Conscientiousness

Low

- Impulsive
- Procrastinates
- Careless
- Disorganized

High

- Prepared
- Completed tasks
- Hardworking
- Dependable



Extraversion

Experience positive emotional states

Extroverts seek stimulation and derive energy from others. They are energetic, talkative, sociable and assertive. They may be considered attention-seeking or domineering.

Low levels of EXTRAVERSION are reserved. They seek time alone to recharge and are less dominant in social settings. They may be considered aloof, distant or self-absorbed'

Extraversion

Low

- Quiet
- Withdrawn
- Prefers solitude
- Careful before talking

High

- Outgoing
- Seeks adventure
- Likes center of attention
- Speaks before thinking



Agreeableness

Get along with people

Agreeable individuals value people, cooperation and compassion. They trust and see the best in people, like to help and are good tempered. Highly agreeable people might be considered gullible, naïve or submissive.

Individuals with low agreeableness can be argumentative, untrustworthy, antagonistic, suspicious of others, challenging and competitive.

Agreeableness

Low

- Uncooperative
- Little interest in others
- Suspicious
- Belittles others

High

- Helpful
- Interest in other people
- Trusting
- Assists others



Neuroticism

Negative Affectivity

Neurotic people tend towards stress, worry, anxiety, perhaps anger and even depression. Highly neurotic people are less emotional stable than others. Low neuroticism results in stability and control, but might come across as un-empathetic, uninspiring, un-dynamic or even boring.

High levels of neuroticism can create excitable people.

Neuroticism

Low

- Emotionally stable
- Rarely feels depressed
- Relaxed
- Deals with stress

High

- Stressful
- Gets upset easily
- Experiences mood swings
- Worries about everything



Qualities of Self-Actualized People

- Independent & resourceful
- Loving
- Exude gratitude
- Form their own opinions
- View life as a mission
- Set & achieve goals aligned with personal values
- Altruistic
- Embrace authenticity
- Prioritize personal over external
- Engage in self-reflection
- Experience moments of flow
- Embrace strengths and weaknesses

The Art of Becoming Human

- Accepting our flaws
- Seek purposeful growth
- Recognize the power of positivity
- Adopt passion – relationships, life
- Embrace the journey

Questions?

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