

RELATIONAL TRAIT NAVIGATING CHALLENGES

You are outgoing, energetic, and friendly. You are enthusiastic about life and what it has to offer. You see the world as full of potential and are eager to pursue it. You enjoy stimulation from other people and environments, and you naturally gravitate to busy and active places. You express yourself easily and like to talk.

Challenges You May Experience from Yourself and Others

Your communication style and the way you relate to others is extremely important in work settings. Unless you work alone, you will need to navigate many relationships to be successful at work. Your day may include countless interactions with coworkers, supervisors, customers, clients, etc. Although you are innately 'wired' to be outgoing, energetic and friendly; your enthusiasm may, at times, come across to others as talking too much or you may even appear somewhat shallow. You may also lack good listening skills because of your tendency to dominate a conversation. It's helpful to be aware of how your communication and interpersonal style at work can be perceived by others so that you can monitor your behavior.

How to Effectively Manage Challenges

- **Leverage your outgoing nature:** Utilize your energy and sociability to connect with coworkers, supervisors, and clients. Initiate conversations, engage actively in team activities, and foster a positive workplace environment.
- **Balance enthusiasm with listening:** Avoid dominating conversations and show genuine interest in others' perspectives. Practice active listening by asking questions and respecting others' contributions.
- **Develop self-awareness:** Reflect on how your communication style is perceived and adjust accordingly. Pay attention to feedback and strive for a balance between sharing your thoughts and allowing space for others.
- **Seek feedback:** Actively solicit input on your communication skills from colleagues or mentors. Use feedback to refine your approach and continuously improve.
- **Develop listening skills:** Practice techniques like paraphrasing and asking clarifying questions to enhance active listening. Foster empathy to understand others' viewpoints.
- **Manage boundaries:** Maintain appropriate professional boundaries while being sociable. Respect others' personal space and time to foster positive relationships.

Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Balancing your outgoing nature with active listening, self-awareness, and adaptability will enhance your communication skills and strengthen your relationships with colleagues. This alignment with Jesus' principles can lead to a more harmonious and productive work environment.

- **Leverage Your Outgoing Nature:** Jesus exemplified the importance of building relationships, engaging openly with people from various backgrounds (e.g., John 4:7-26, His conversation with the Samaritan woman). Utilize your energy and sociability to connect with coworkers, supervisors, and clients. Initiate conversations and engage actively in team activities to foster a positive workplace environment.
- **Balance Enthusiasm with Listening:** Jesus demonstrated the value of listening to others, as seen in His interactions with His disciples and followers (e.g., Luke 10:38-42, the story of Mary and Martha). Avoid dominating conversations by showing genuine interest in others' perspectives. Practice active listening by asking questions and respecting others' contributions.
- **Develop Self-Awareness:** Jesus taught about the importance of self-reflection and awareness (e.g., Matthew 7:3-5, regarding the log in one's own eye). Reflect on how your communication style is perceived and adjust accordingly. Pay attention to feedback to strive for a balance between sharing your thoughts and allowing space for others.
- **Seek Feedback:** Jesus welcomed questions and discussions from His disciples, encouraging them to engage and learn (e.g., Matthew 16:13-20, when He asked His disciples who people say He is). Actively solicit input on your communication skills from colleagues or mentors. Use feedback to refine your approach and continuously improve.
- **Develop Listening Skills:** Jesus exemplified empathy and understanding in His interactions (e.g., Matthew 9:36, where He saw the crowds and had compassion for them). Enhance your active listening skills by practicing techniques like paraphrasing and asking clarifying questions. Foster empathy to better understand others' viewpoints.
- **Manage Boundaries:** Jesus maintained healthy boundaries, knowing when to withdraw for prayer and reflection (e.g., Mark 1:35). Maintain appropriate professional boundaries while being sociable. Respect others' personal space and time to foster positive relationships and avoid overwhelming them.

Notes
