

RESERVED TRAIT NAVIGATING CHALLENGES

You are introverted, reserved, calm, and low-key. You are easily overstimulated and avoid busy and noisy environments as you find them to be overwhelming. You keep your social life simple as you may find dealing with people saps your energy or is unrewarding. You often find it difficult to express yourself and may prefer others to do the talking.

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. Because you are not innately 'wired' to be outgoing and energetic, you may, at times, come across as cool, aloof, or hard to read. You may also appear to be a loner or even seem eccentric to others. 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

- **Prioritize meaningful connections:** Focus on genuine relationships with coworkers, supervisors, and clients, emphasizing quality interactions over quantity.
- **Be mindful of cues:** Pay attention to non-verbal cues like body language to convey warmth and openness.
- **Seek one-on-one interactions:** Opt for intimate conversations to showcase strengths in a less overwhelming setting.
- **Practice active listening:** Engage fully in conversations to show respect and understanding.
- **Showcase expertise confidently:** Let your work speak for itself and contribute thoughtfully in meetings.
- **Stretch social skills selectively:** Gradually expose yourself to new situations to build confidence.
- **Cultivate support:** Surround yourself with understanding colleagues to mitigate challenges.

Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Prioritizing meaningful connections, practicing active listening, and seeking feedback will help you 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.

- **Prioritize Meaningful Connections:** Jesus emphasized the importance of relationships, often focusing on a few key individuals (e.g., His disciples) to build deep connections (John 15:15). Focus on developing genuine relationships with coworkers, supervisors, and clients, emphasizing quality interactions over quantity to create a supportive network.
- **Be Mindful of Cues:** Jesus was attuned to the feelings and needs of those around Him, often responding to unspoken cues (e.g., Matthew 9:36, where He saw the crowds and had compassion). Pay attention to non-verbal cues like body language to convey warmth and openness, helping to create a more inviting atmosphere in your interactions.
- **Seek One-on-One Interactions:** Jesus frequently engaged in personal conversations, such as His dialogue with the Samaritan woman at the well (John 4:7-26), showcasing the importance of personal connections. Opt for intimate conversations with colleagues to showcase your strengths and engage in meaningful dialogue in a less overwhelming setting.
- **Practice Active Listening:** Jesus modeled active listening throughout His ministry, often asking questions and allowing others to share their thoughts (e.g., Luke 10:25-37, the Parable of the Good Samaritan). Engage fully in conversations to show respect and understanding, demonstrating that you value others' perspectives.
- **Showcase Expertise Confidently:** Jesus confidently shared His teachings and insights, encouraging others to reflect on their understanding (e.g., Matthew 7:28-29). Let your work speak for itself and contribute thoughtfully in meetings, sharing your expertise in a way that invites dialogue rather than dominating it.
- **Stretch Social Skills Selectively:** Jesus was intentional in His interactions, knowing when to engage with the crowds and when to retreat for rest (e.g., Mark 1:35). Gradually expose yourself to new social situations to build confidence, starting with settings where you feel comfortable and can connect with others meaningfully.
- **Cultivate Support:** Jesus surrounded Himself with a close-knit group of disciples, emphasizing the importance of community and support (e.g., Mark 3:13-19). Surround yourself with understanding colleagues who can provide support and encouragement as you navigate workplace challenges.

Notes
