



Exploring Leadership

PERSONAL LEADERSHIP: PERSONALITY TEST

Understanding our strengths and weaknesses helps us see what we do well and where we can improve. It also helps us work better with others and build stronger teams at school, at home, and in our communities. Personality tests can be a helpful way to reflect on who we are. They can help us identify strengths and better understand how we think, act, and interact with others.

CONVERSATION STARTERS:

Have you ever taken a personality test before?

What did you think?

Why might a personality test not fully describe who you are?

However, it's important to remember that no personality test is completely accurate or able to describe everything about a person. These tests are not meant to define you. They are simply a tool to help you learn more about yourself and think about what each person brings to a group.

When we take time to understand ourselves and others, we communicate more clearly, work through challenges more effectively, and build stronger teams.

KEY OBJECTIVES:

- Identify personal strengths and areas for growth.
- Explain how different personalities improve teamwork.

WHAT YOU'LL NEED:

- QR code linking to an online personality test
- Smartphones or devices for participants
- Alternative options (printed versions or shared devices)

EXPLORATION ACTIVITY:

In this activity, participants will explore their personality and how it can be used to better understand themselves and others.

- Ask each participant to take an online personality test. You may use a QR code to link to a test such as: <https://mycreativetype.com>
 - Provide alternative options for participants who may not have access to a device.
- Give participants time to read through their results and identify key traits and strengths.
- Have participants share their personality type and one strength with a partner or small group.

FACILITATION TIPS:

- Remind youth that there are no "good" or "bad" personality types. Each one brings value to a group.
- Be mindful that some participants may feel unsure or uncomfortable with their results. Reinforce that personality tests are not definitive and are meant for reflection and discussion.





REFLECTION QUESTIONS:

- What did you learn about yourself from this personality test?
- What is one strength you have that could help a group succeed?
- What is one challenge you might need to manage when working with others?
- Who is someone in this room you think you would work well with, and why?

APPLICATION DISCUSSION:

- Would a group work better if everyone had the same personality? Why or why not?
- How do different personalities make a group stronger?
- How can understanding someone else's personality help you work better with them?
- Turn to someone near you and share one strength you bring to a team.



CONCLUSION:

There is no best personality type. Every person brings unique strengths, perspectives, and abilities that help a group succeed.

Personality tests are not perfect, but they can help us learn more about who we are and how we can grow. The more we understand ourselves and others, the better we can work together, solve problems, and support each other.

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REFERENCES

- Adobe: My Creative Type: <https://mycreativetype.com/>