

THE PERSONALITY COMPASS



MAKING IT WORK IN
COUNSELING:
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INSTRUCTIONS

- You have columns 1 and 2; 3 and 4. Place a check on the word which you think is more descriptive of you.
- It doesn't mean that if you choose one word, you are not the other. The inventory just gives us a self-perception on what we consider as our three main strengths and potential area for growth.
- Please:
 - DO NOT LEAVE ANY BLANKS
 - DO NOT CHECK BOTH WORDS

THE PERSONALITY COMPASS

- A self-awareness inventory to help people understand their personality styles in a light and humorous way
- It is not a clinical tool to determine if you are neurotic, psychotic or have the makings of clinically deranged person
- It simply helps you to determine what your strengths are when you are at your best and what you may want to work on when you are under stress.

N

NON-STOP NORTH:

Get the job done

WILD, WILD WEST:
Expand all Horizons

W



E

EXACT EAST:

Do it with CLASS

S

SUNNY SOUTH: Build the Best Teams

GO-GETTERS

- Assertive, independent
- Decisive, in control
- Fast-paced, self-starting

LASER-FOCUSED

- Confident, authoritative
- Goal-centered, ambitious
- Strong-willed, direct

PASSIONATELY INTENSE

- Competitive, determined
- Hardworking, responsible
- Action- driven, courageous



**NORTH
at their BEST**

- **COUNSELING STYLE:**
Move your life FORWARD

- clear thinkers and goal-setters
- great for activity-driven sessions
- good for counselees who are looking for direction and how to move their life forward
- inspirational because they are good role models for people who seek to accomplish something
- straightforward and direct -- what you see is what you get
- help counselees to structure their lives with a plan of action
- coach-style counseling



NORTH **as a Counselor**



EAST
at their BEST

PRECISION-ORIENTED

- Quality-centered
- Detailed, structured
- Slow-deliberate

THINK-DO-THINK

- Focused, tenacious
- Organized, planner
- Logical, analytical

PRIM AND PROPER

- Conventional, punctual
- Industrious, responsible
- Traditional, conservative



EAST as a Counselor

COUNSELING STYLE: Let's Do It Right and Well the First Time

- Well-informed and structured
- Great for educational activities
- Loves to do research and share information on one-on-one or small groups
- Great for counselees who want to be educated or informed
- Counselees love them because they are like walking internets in the flesh (e.g. the latest trends on weight loss, cosmetics, health, etc).
- Help counselees analyze their life objectively - the pros and cons - make a responsible decision
- Encourage counselees to follow the tried-and tested best practices

SOCIALLY INCLINED

- Team player, gregarious
- Friendly, likeable
- Slow, laid-back

GOOD COMMUNICATOR

- Good listener, empathic
- Peace-loving, kind
- Helpful, patient

HUMANE

- Understanding, warm
- Caring, nurturing
- Generous, giving
- Process-centered



SOUTH
at their BEST

COUNSELING STYLE: AS WARM AS YOU WANT IT

- Very caring and humane
- Warm and nurturing
- Great for counselees who need love, care, attention, "pansin" and those who are "fishing for compliments"
- Generous, helpful and vulnerable to counselees who may be having financial problems
- active and empathetic listeners
- Good for counselees who are looking for strong bonding relationships to survive life



SOUTH
as a Counselor



*WEST at their
BEST*

MAVERICK

- Risk-taker, adventurous
- Fast, energetic
- Visionary, unconventional

INTUITIVE

- Innovative, creative
- Flexible, multi-talented
- Spontaneous, unstructured

INSPIRATIONALLY CONTAGIOUS

- Enthusiastic, sense of humor
- Free-spirited, versatile
- Idea-centered, dreamer

COUNSELING STYLE: BRING IT ON!!!

- Humorous, fun, alive and exciting
- Very active and colorful
- Great for activity-based and creative sessions
- Experimenting and experiential - may try alternative methods
- Have interesting and unconventional ideas which they themselves would like to try (e.g. travel therapy, amazing race in relaxed pace, art therapy near the waterfalls, cooking exotic dishes)
- Good for counselors who want to change their “plain” lives into something more colorful
- Inspirational because they show that illness that does not seem to matter in the pursuit of fun, life and happiness



WEST under
STRESS

If your counselor is a NORTH ... they would



- Provide you with solutions, not excuses.
- Urge you to Own the problem, not blame anything or anyone.
- Start **ACTING** on your goals, not delay them.
- Emphasize a sense of urgency, not lethargy.
- Understand Your desire to succeed, and help you achieve it.

If your counselor is an EAST... they would



- Help you to ORGANIZE your life, not leave it cluttered.
- Educate you about the right things to do, to lead you to the right path.
- Advise you to read everything, including the fine print, not just skim.
- Warn you in advance of pains and gains, so you can decide wisely.
- Come on time, not keep me waiting.
- Help you understand what you're going through, and show you tried-and-tested ways that have worked and you could use.

If your counselor is a SOUTH... they would



- Break it to you gently, not strongly.
- Greet you with a warm smile, not a frozen stare.
- Show you that they care, not just glare at you.
- Empathize when you moan, not scold you.
- Nurture you every step of the way - through thick or thin.
- Take care of your heart, and hold your hand

If your counselor is a WEST... they would



- Inspire me with a vision, not a list of things to do.
- Put color, zest and fun - through adventure, activity and eating.
- Tickle your imagination, not haunt you with routine.
- Respect your ideas, not shoot them down.
- Inspire you to live life fully, and put aside the obstacles along the way.

**North are our HANDS that help us ACT on our lives -
to succeed in our goals.**

**Easts are our LEFT hemispheres of our Brain that
educate us, help us weigh the pros and cons -- and make
responsible choices.**

*Souths are our Hearts that provide us love, warmth
and compassion at a time we need it the most.*

**Westes are our RIGHT hemispheres of our Brain that get us out of our shell
and "prisons", so that we could begin to see life as an adventure ... and
start LIVING!**

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