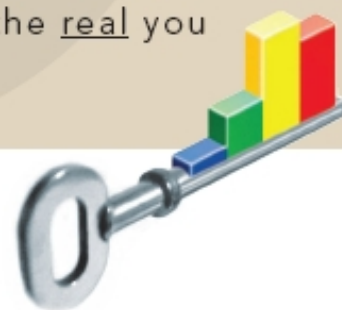




clarity^{4D}

unlock the real you



Personal Profile
Sarah Strudwick

Personal Details

Ms Sarah Strudwick

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Understanding The Background

This personal profile has been compiled as a result of Sarah Studwick completing the Profile Questionnaire and is a direct result of the answers given by her on 14 April 2009.

The idea of personality typing has been around since the days of Hippocrates, the Greek philosopher and medical doctor, who recognised that his patients behaved in four quite different and distinct ways. The Clarity4D model is based on the work of the Swiss psychologist, Carl Jung who has written on the subject of personality and preferences and has been the subject of study for many academics since Jung originally wrote "Psychological Types" in 1921.

The profile is individually compiled from thousands of combinations of the statements and is unique to Sarah. Read it through and identify any statements that do not appear accurate; discuss these with people who know you well as they may be areas of which you are unaware about yourself. Use the profile for your self-development and create an action plan.

Below is a model that will explain what the different colours represent in terms of Jungian psychology:-



Sarah in Depth

These pages give an overview of Sarah's personal style and some insight into how she works with people and tasks.

What's Sarah like?

It would help Sarah to take a step back and observe herself and her work dispassionately. She may insist on doing things her way so that her high expectations and standards can be achieved. She may not enjoy working with a boss who does not spend time or show interest in finding out about her special abilities. Sarah likes to honour and stick to traditions and observe special practices. Sarah is most relaxed, flexible and comfortable in a laid-back and harmonious environment. She can become demoralised if she is not shown approval or recognition, as her well-being can depend on how others view her.

Sarah is understanding, sympathetic and congenial. She is equally interested in the "how we get there" as she is in the result. Although she has the ability to come up with new ideas and concepts, she has an unassuming and modest demeanour. She is good at allowing people time to think about her sometimes "out of the box" ideas and come back with feedback.

Sarah is a clever and creative problem solver. She is a bit of a maverick and prefers not to work with people who will try to change her. Sarah relates to people who show a genuine interest in her personal beliefs and objectives. She may find it difficult to express her deep held views and refer to them indirectly. She uses her gift of empathy and interpersonal skills to create meaningful relationships which help her understand the underlying reasons for peoples' actions.

She has a clarity of mind and a strength of purpose about what should be done for a good cause. She prefers not to exert control over others, and cannot understand why some people have the need to do so. She has deep convictions which she is prepared to defend and stand up for. She is a creative free spirit, with passionate personal beliefs, strong values and the highest integrity. She works best with tasks that involves people and creating a co-operative, generous and supportive environment. Sarah likes to approach people and situations in the right way.

She is an attentive listener and can also be articulate when necessary. Repeat of above Others sometimes find it difficult to understand her ideas because she tends to provide her own answers to challenging questions. When she finds an inner peace, it helps her to cope with outside stresses.

Sarah in Depth

How does she get on with others?

She balances her desire to achieve results at any cost by considering how this approach might effect others. She has an inner strength and her compassionate manner encourages other people to ask for her advice. She doesn't care about enforcing herself or her opinions on others, unless she is defending her values. She is always looking for the good in others, so she tends to overlook peoples' failures, forgiving them for hurtful or thoughtless behaviour. Sarah is highly aware of other peoples' feelings and concerns and she is able to deal with troubled and complex people. She likes her support to be reciprocated, but is less demanding and more tolerant than other types.

Because of her search for perfection in a relationship, she may feel unsettled by the reality of situations. If she receives too much negative feedback, she can find it particularly hurtful and demoralising. A bad atmosphere or cold relationship can cause her to feel demotivated and lose morale. Sarah has a heightened awareness of non-verbal communication and can pick up on unconscious gestures and subtle meanings before others. Even though she can find it personally draining, she can take on the burden of other peoples' problems.

She has an internal value system based on deeply held beliefs and a dedication to a worthy cause. She may sometimes seem quite detached, but she likes to connect with people on a personal level. She is her own person, although this is not obvious because of her liking for keeping good and happy relationships with others. She is caring, empathic, understanding and highly aware of the needs of others. If she believes that she is being pushed too hard, she may become awkward and stubborn.

Notes to self: Identify the sentences that you feel are accurate, and those that you are not sure about.

Sarah in Depth

How does she make decisions?

She may give the wrong impression because she prefers not to speak out. She will be unassuming but firm when defending her beliefs. Sarah will take on board and value all ideas and opinions from other people, even those that may be considered "off the wall". She could be juggling so many balls that some of her decisions may seem to be poorly thought through. She enjoys solving problems and uses her reflective abilities carefully before she takes action. She likes projects which have a flexible timescale.

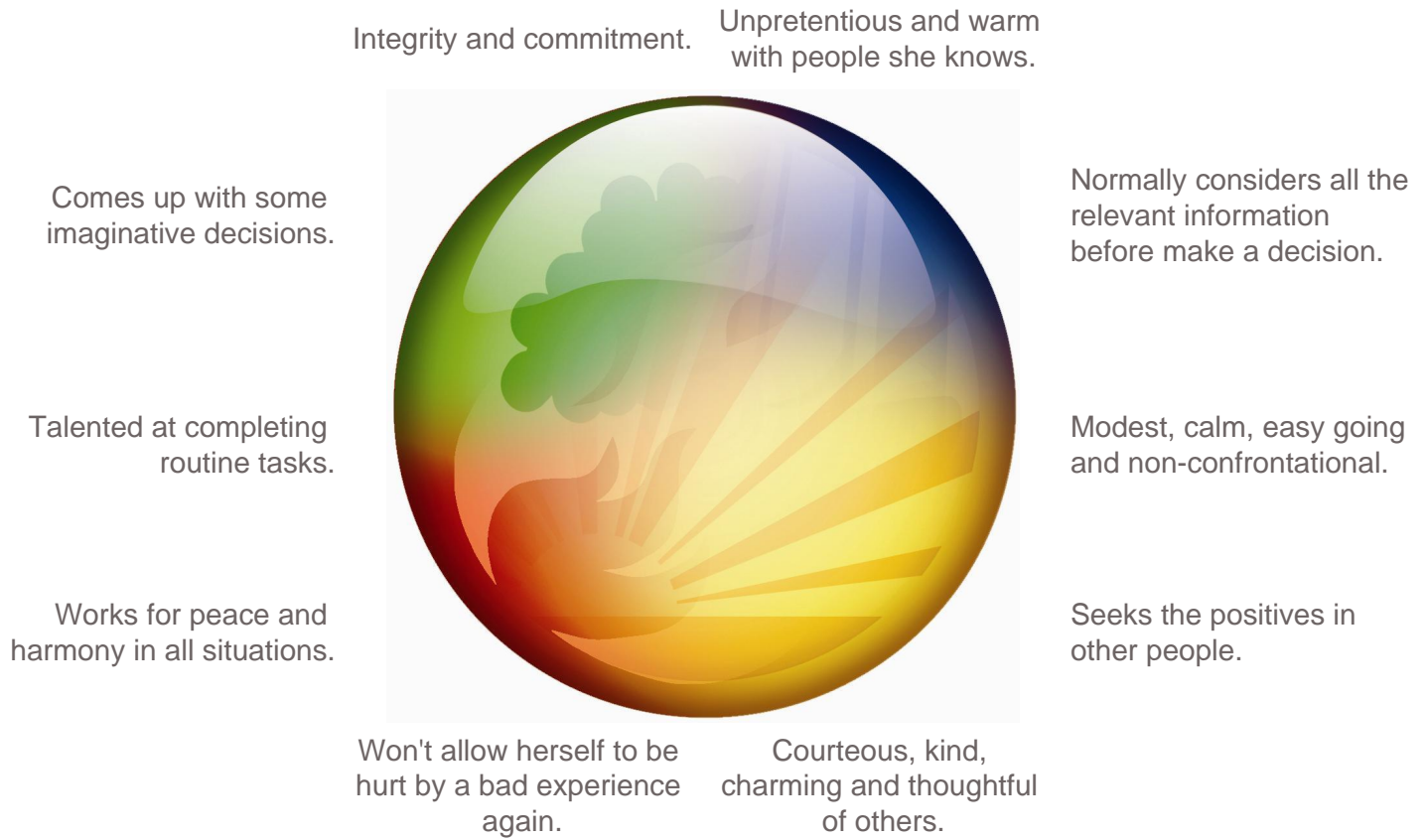
Ethical and moral values can influence her decisions. She is skilled in achieving win-win outcomes, taking in consideration all points of view from the interested parties. One of her difficulties is that she may not get enough guidance or discipline at work, or feel that she is not involved enough in future plans. She may find it difficult to maintain focus on current problems.

She will be aware of how the decision making process and its outcome will effect other people. She may prefer to change her mind if it transpires that someone may suffer as a result of her decisions. She seems to make decisions based on her own emotions which may be as meaningful to her as more objective facts. In an emergency she may act out of character and become authoritative, making quick decisions and acting with confidence to overcome the difficult situation. She believes that the way to create peace and harmony is by persuading others of the truth of her viewpoint.

Notes to self:

Sarah in Depth - Strongest Areas

In no particular order, these are Sarah's major strengths and intrinsic talents



Sarah in Depth - Areas for Improvement

Sarah has identified the following as being her least strong areas:

Finds it hard to react in a positive manner when faced with aggression

Frequently feels responsible for the actions of others.

Spends too much time worrying about everyone's comfort.

May seem sluggish in making decisions.

Feels "put on" or targeted.

Cannot cope with the responsibility of too many problems.

Can be perceived as intransigent and stubborn.

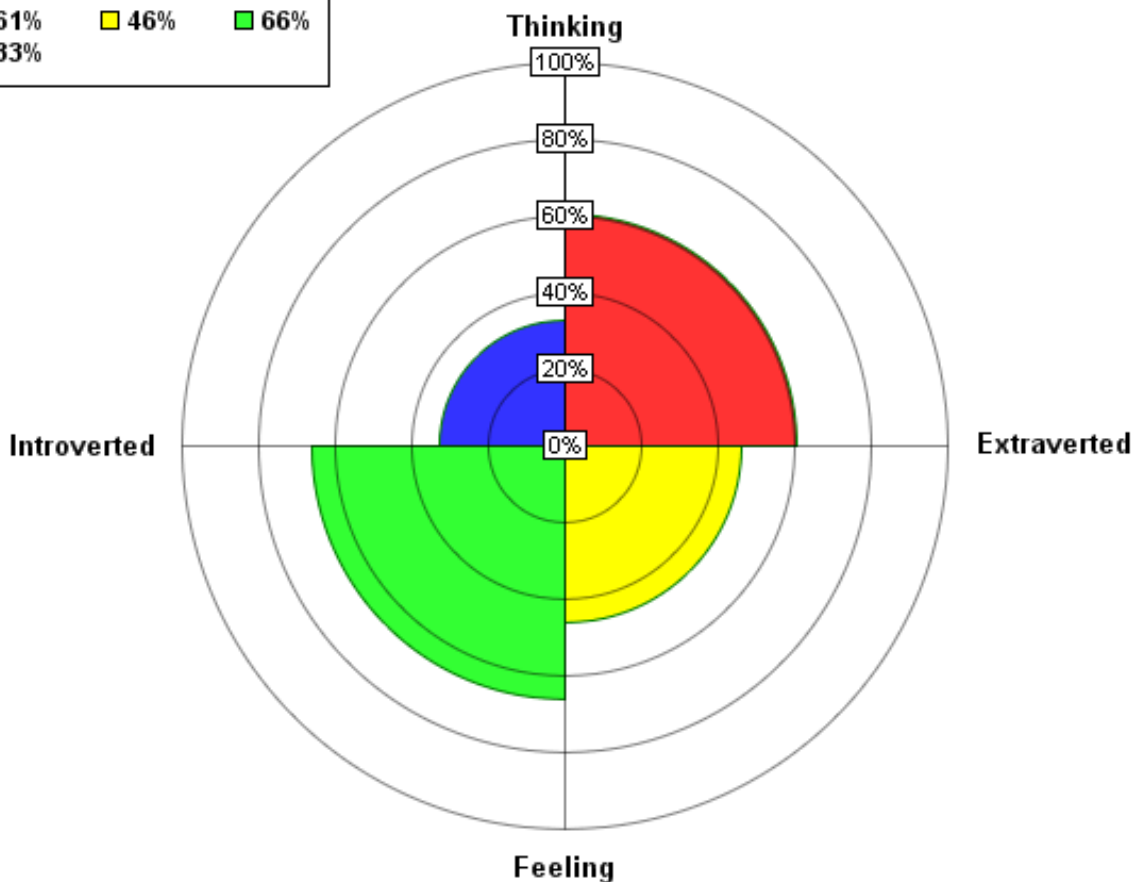
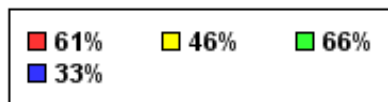
May not see everything she starts through to completion..



She needs time to take on board new information which causes frustration in others who look for a quicker response.

Covers up her true thoughts to avoid arguments.

Conscious Self



I N T R O V E R T E D	BLUE Reflective Observing Analytical Cautious Formal Exacting		T H I N K I N G	RED Focused Forceful Direct Challenging Dominant Action Orientated	E X T R A V E R T E D
	INTUITION SENSING	INTUITION SENSING		INTUITION SENSING	
I N T R O V E R T E D	GREEN Empathic Concerned Informal Supportive Patient Easy-going		F E E L I N G	YELLOW Talkative Expressive Light hearted Sociable Flamboyant Enthusiastic	E X T R A V E R T E D
	INTUITION SENSING	INTUITION SENSING		INTUITION SENSING	

ACTION PLAN

As a result of reading your Clarity4D Profile what action steps will you take?

WHAT IS YOUR GOAL?

By When:

TO ACHIEVE THIS GOAL, WHAT WILL YOU STOP DOING?

By When:

WHAT WILL YOU START DOING?

By When:

WHO ELSE DO YOU NEED TO SHOW THIS PROFILE TO?

By When:

This report represents how you completed the evaluator, and the questions you might like to consider now are:

- a) how do I behave in a team
- b) how do I behave under stress
- c) who else would benefit from completing an evaluator ?

For more information on the above visit our website www.clarity4d.com.