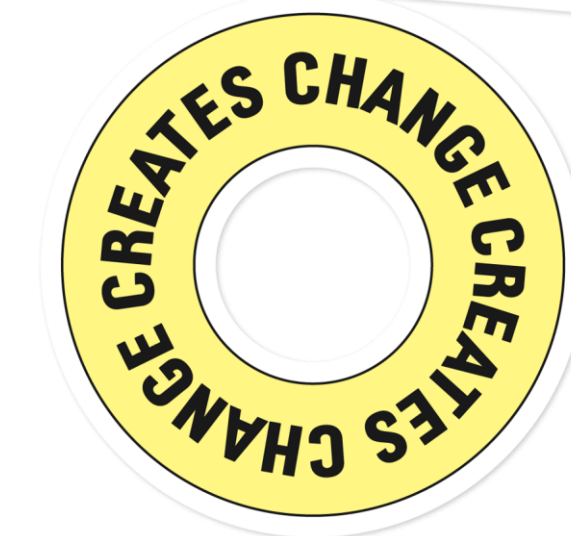
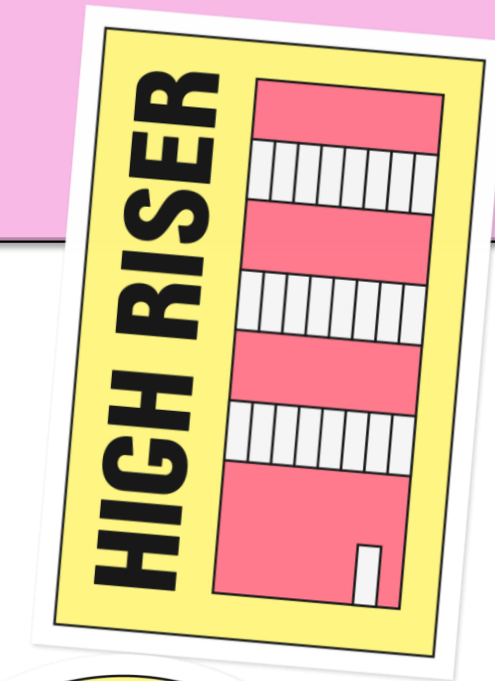
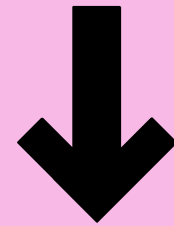


UNDERSTANDING WHAT MOTIVATES YOU



HOW TO MAKE THE MOST OF THIS SESSION

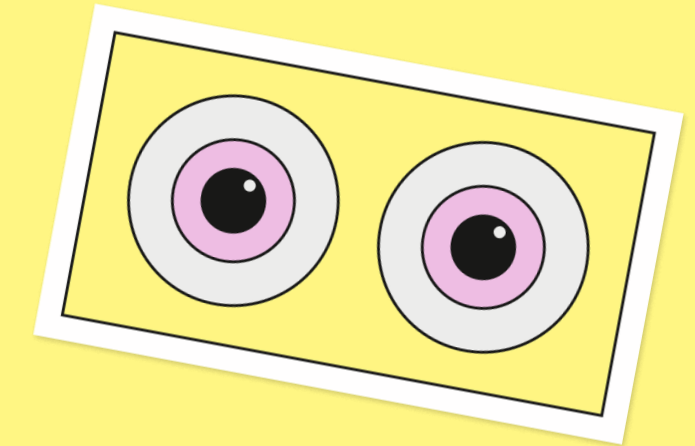
WHY IT'S IMPORTANT



- Understanding yourself, your **character**, your **attributes & personality** will help you to spot needs, opportunities & refine your purpose
- Identifying your 'Myers Briggs Type Indicator' helps you manage your **energy levels, learning styles** & can help identify your potential **support needs**
- Understanding your strengths & attributes can help you **spot gaps & build a complementary team** in future



SESSION OVERVIEW



- **Shields Exercise** – a self reflection tool to use individually or in groups
- Introduction to **Myers Briggs Type Indicator** – using it to keep you motivated & to fast track your learning journey when running a project, organisation or venture
- Consider who you are, what you stand for and the **social issue(s)** you are trying to address – plus what your next steps might be...

UNDERSTANDING WHAT'S MOTIVATING YOU

Shields exercise

Who are you?

Your passion or what you'd like to see changed for the better

3 words others would use to describe you

Favourite feel good song, motto or mantra

Animal/creature that symbolises you

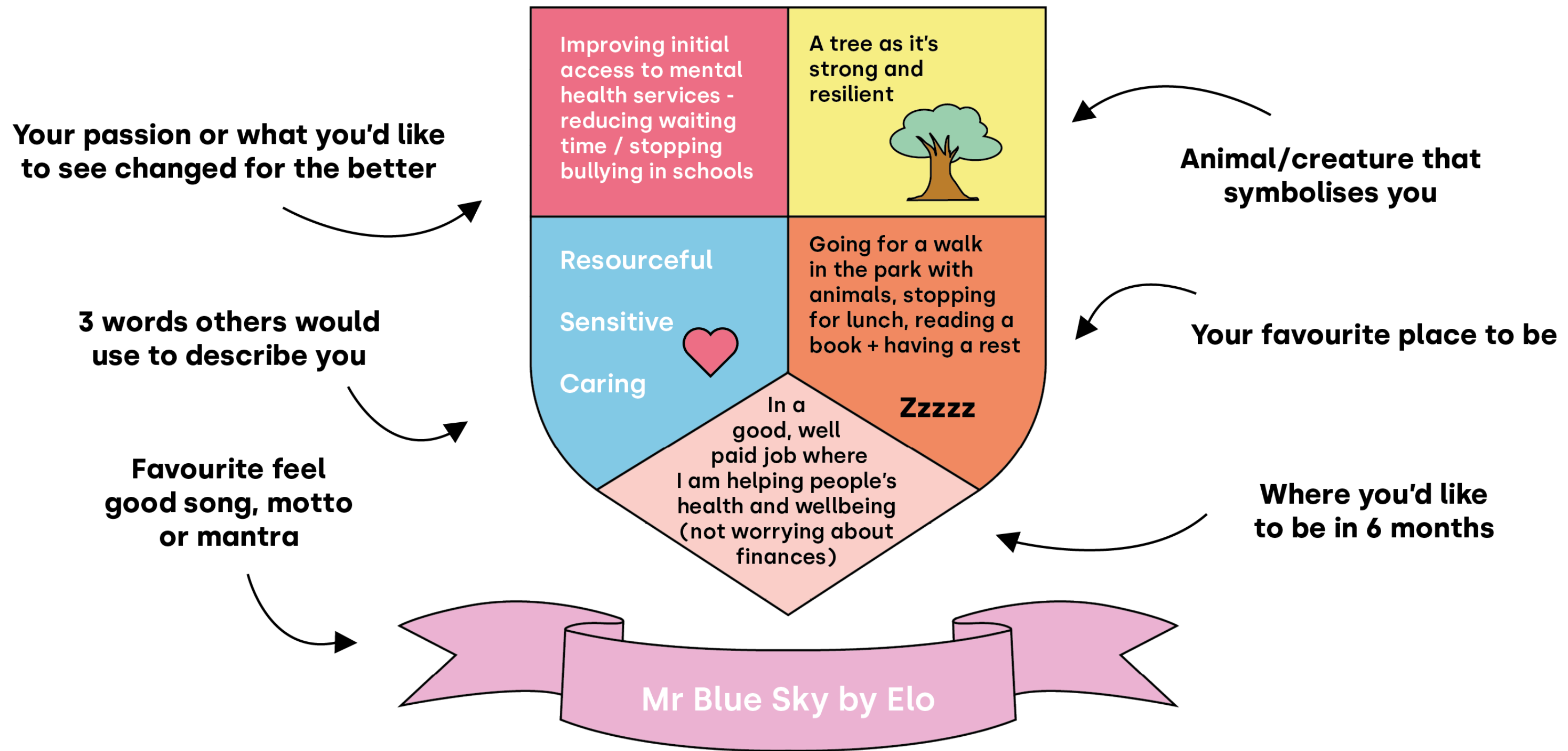
Your favourite place to be

Where you'd like to be in 6 months

UNDERSTANDING WHAT'S MOTIVATING YOU

Shields exercise

Who are you?



MYERS BRIGGS PERSONALITY TYPES

Take a FREE test at www.16personalities.com

ANALYSTS



INTJ

Imaginative and strategic thinkers, with a plan for everything.



INTP

Innovative inventors with an unquenchable thirst for knowledge.



ENTJ

Bold, imaginative and strong-willed leaders, always finding a way - or making one.



ENTP

Smart and curious thinkers who cannot resist an intellectual challenge.



ISTJ

Practical and fact-minded individuals, whose reliability cannot be doubted.



ISFJ

Very dedicated and warm protectors, always ready to defend their loved ones.



ESTJ

Excellent administrators, unsurpassed at managing things - or people.



ESFJ

Extraordinarily caring, social and popular people, always eager to help.

DIPLOMATS



INFJ

Quiet and mystical, yet very inspiring and tireless idealists.



INFP

Poetic, kind and altruistic people, always eager to help a good cause.



ENFJ

Charismatic and inspiring leaders, able to mesmerize their listeners.



ENFP

Enthusiastic, creative and sociable free spirits, who can always find a reason to smile.



ISTP

Bold and practical experimenters, masters of all kinds of tools.



ISFP

Flexible and charming artists, always ready to explore and experience something new.



ESTP

Smart, energetic and very perceptive people, who truly enjoy living on the edge.



ESFP

Spontaneous, energetic and enthusiastic entertainers - life is never boring around them.

EXPLORERS

KNOWING YOUR TYPE HELPS TO>>>

- **Affirm / remind** you of your capabilities or strengths
- **Realise** why certain paths, decisions or tasks might be challenging for you and at a time of development (especially if developing a social venture)
- **Absorb** information more quickly
- **Understand** how you learn to better identify / create opportunities which work for you



KNOW YOUR LEARNING STYLE >>>

>>> Fast track your learning

ES EXTROVERTED SENSORS

- Videos
- Shadowing
- Hands-on experience
- Discussions
- Simulations

IS INTROVERTED SENSORS

- Formal classes
- Written instructions
- Low risk practicals
- Journalling

EN EXTROVERTED INTUITIVE

- Problem solving
- Role play / improvisation
- Discussions / debates
- Self-instruction
- Interacting with experts

IN INTROVERTED INTUITIVE

- Reading
- Research
- Self-paced tutorials
- Independent study / projects



UNPACKING COMMUNITY & SOCIAL ISSUES

Who are you?

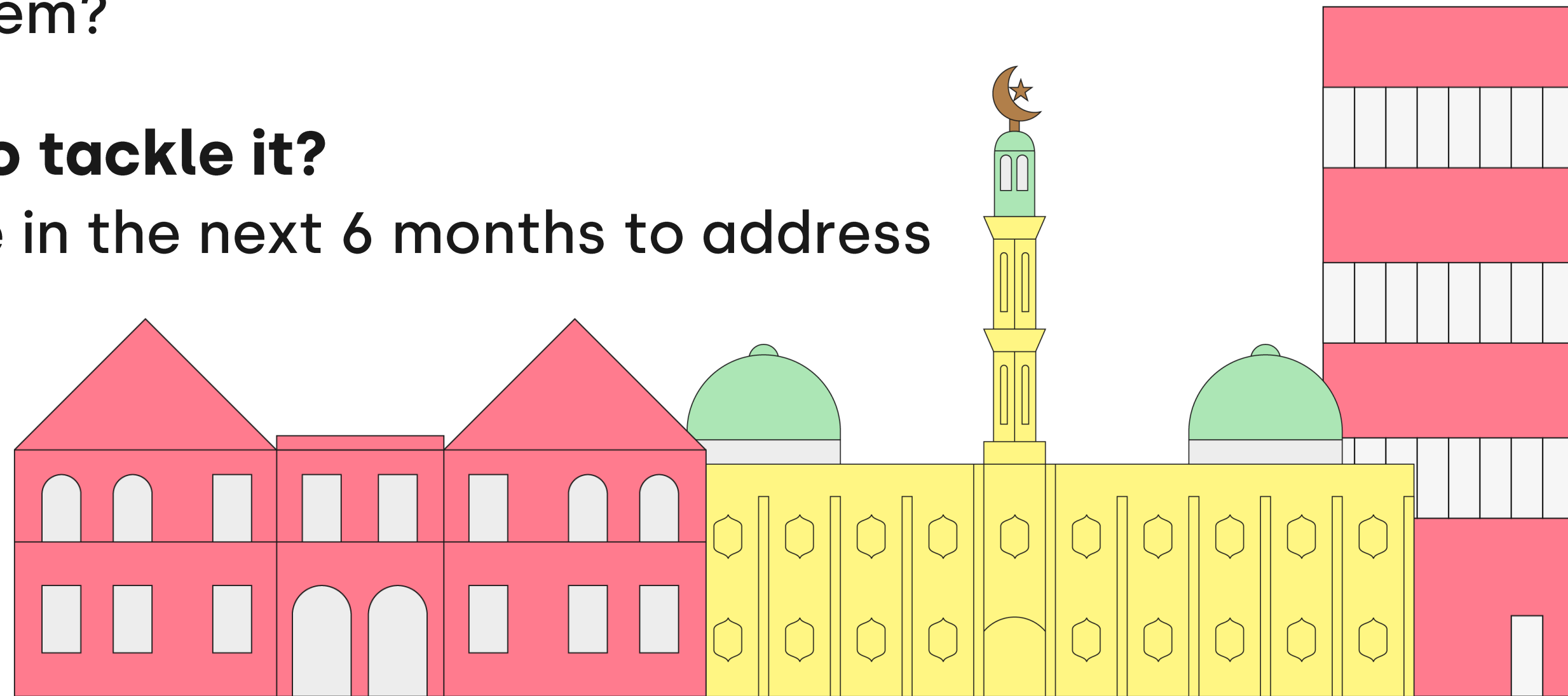
3 words/values you'd use to describe yourself & 3 words others may use to describe you?

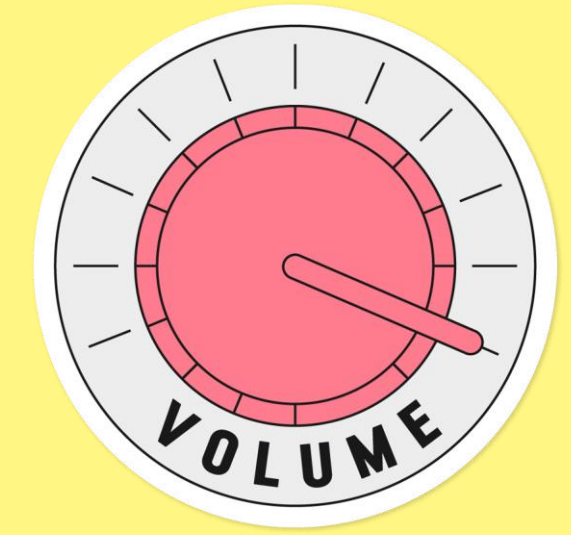
Social issue you're trying to address?

What is the challenge, who says/backs up that it's a challenge and why is it a problem?

How you're going to tackle it?

3 steps you can take in the next 6 months to address the challenge...





TAKE THE LEAP



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