



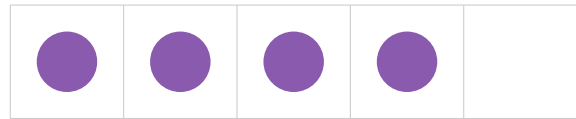
# REPORT

## STRENGTHS & RISKS PERSONALITY CLIENT

Maxi Musterfrau  
29.01.2019

B5N

## Dealing with Stress



### General

You handle stress well, are rather resilient and hardly let yourself get worked up. You are mentally stable and mostly react calmly and certainly even when confronted with setbacks. Only in extremely stressful situations do you experience negative emotions. Even when working under pressure and with unexpected changes, you are often still able to focus your acting on the essentials after a short time.

### Leading

**Strength** In everyday work life and many situations of crisis you stay calm. Your leadership style rarely depends upon your emotions, but you rather behave in a to some degree similar way even when facing many different situations. As long as things are not getting completely off the rails, you are not in danger of making hasty decisions. That way, you often stay on top of things are able to lead out of many crises or to moderate conflicts of interest through pragmatic decisions.

**Risk** Because of your stress resistance, there is a risk that you underestimate seemingly small crises. Even in desperate situations, you seldom feel afraid. This may lead to your team underestimating the urgency of a crisis.

### Team

**Strength** Through your handling of stress you are a good role model for your team. With your calmness and even temper you relieve less resilient colleagues. In critical times, this may lead to better team performance.

**Risk** As a person with a high stress tolerance you seem to react similarly in many work situations. To your colleagues, this may appear emotionless and thus irritating.

### Learning

**Strength** In new and unfamiliar situations you often keep track of things by reacting calmly and prudently. Thus, you seldom shy away from learning challenges, but are able to analyze them and, hence, to profit from most of your experiences.

**Risk** In extreme crises, even you experience pressure. This may lead to you missing the chance of learning from such tough situations. You are in danger to be busy with your experience of stress instead of analyzing the situation to benefit from it for the next time.

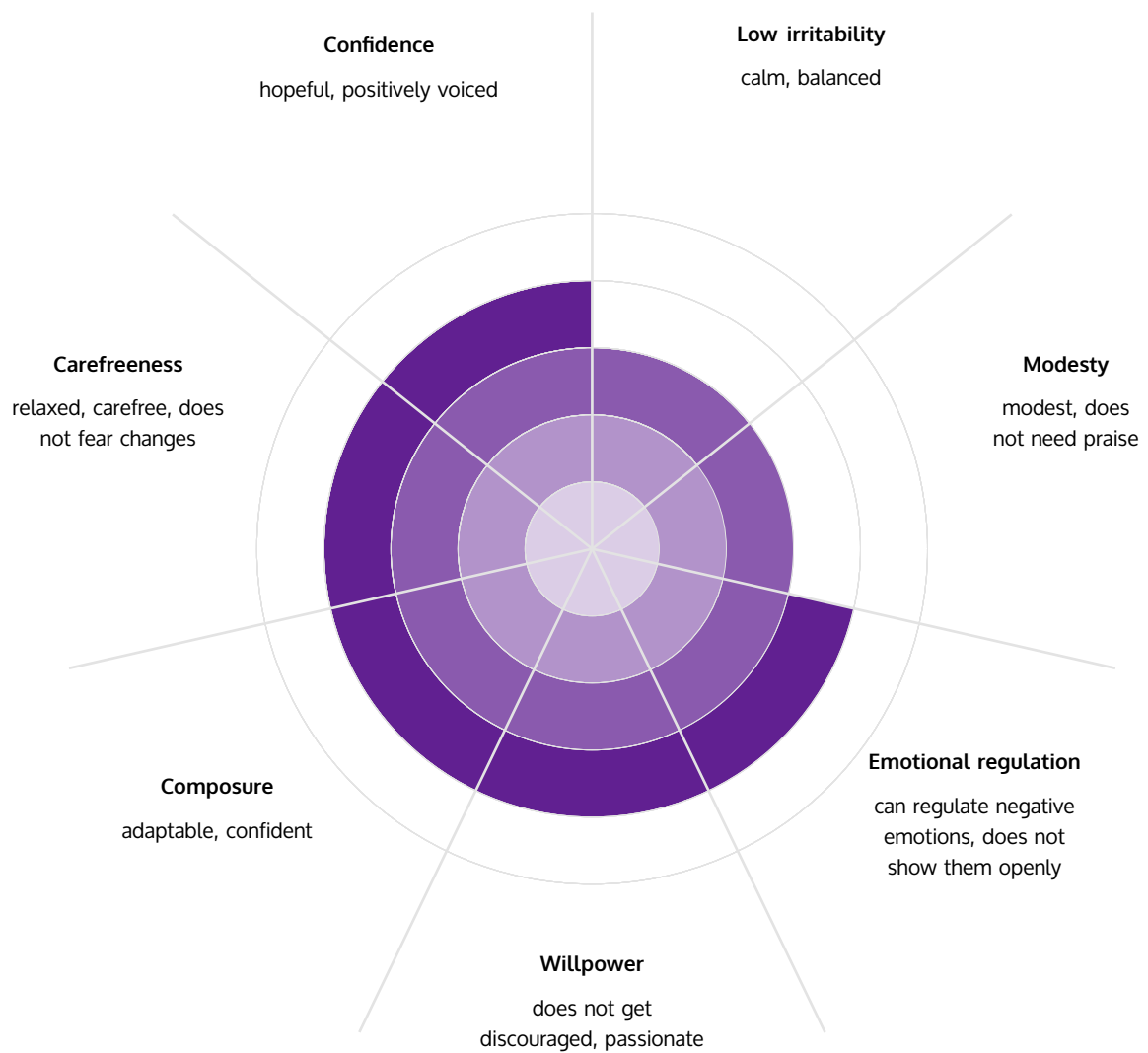
### Motivation

You derive great strength from the idea of winning others over with your displayed calmness or from the idea of supporting your team with your stress tolerance.

### Development

Observe the rare occasions under which you experience stress. Afterwards, take your time to analyze those situations, to identify mistakes and to draw conclusions for the next potential crisis.

### Facet wheel: Dealing with Stress



Openness

Conscientiousness

Extraversion

Agreeableness

Dealing with Stress