

Are you an introvert, extravert or ambivert?



Did you ever notice that some people love the spotlight while others are happier in the background? Neither is wrong or right. We all have different personality types that shape how we behave, communicate and interact. Check out some of the basic differences below. You may find you favor one type or have some features of each.

Introvert	<ul style="list-style-type: none">• Enjoys solo time• Good listener	<ul style="list-style-type: none">• Likes thinking things over alone
Ambivert	<ul style="list-style-type: none">• Likes both alone & social time• Good listener & talker	<ul style="list-style-type: none">• Can process alone or on a team
Extravert	<ul style="list-style-type: none">• Gets energy from being with others• Likes to talk	<ul style="list-style-type: none">• Likes talking things out with others

Whichever personality type you seem to be, you can be a good friend and valuable team member. The beauty of differences is how we complement each other. Remember, we're all unique and have something special to offer.

The EAP is administered by Resources For Living, LLC.

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