

ENTP Overview

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> ❖ 1st Intuition: Dominant ❖ 2nd Thinking: Auxiliary ❖ 3rd Feeling: Tertiary ❖ 4th Sensing: Inferior 	<ul style="list-style-type: none"> ❖ Extraverted Intuition: Outwardly focused on possibilities for enhancing systems ❖ Introverted Feeling: Inwardly evaluating ideas analytically and objectively ❖ Thinking: As you mature, assess situations more personally ❖ Introverted Sensing: Development challenge is considering realities

ENTP Brief Description:

- ❖ Leads by developing novel strategies for new enterprises
- ❖ Influences by going the extra mile
- ❖ Focus is on groundbreaking models and conquering challenges

ENTP Characteristics Frequently Associated:

- ❖ Quick, ingenious, alert, and outspoken; apt to turn to one interest after another
- ❖ Resourceful in solving new and challenging programs; rarely do the same thing, same way
- ❖ Adept at creating conceptual possibilities and analyzing them strategically

Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for ENTPs may include too much routine, alone time, long meetings, repetitive details, deadlines, and flowing of emotions by others.

Understand how your type displays stress: Under stress, ENTPs may seem impatient and compulsive; become unfocused, frustrated, self-critical, and may make more errors.

Situations that are stressful for ENTPs:	
E = Typical Work Stressors for Extraverts <ul style="list-style-type: none"> ❖ Working alone ❖ Having to communicate mainly by email ❖ Lengthy work periods with no interruptions ❖ Having to reflect before taking action ❖ Having to focus in depth on one thing ❖ Getting feedback in writing only 	N = Typical Work Stressors for Intuitive Types <ul style="list-style-type: none"> ❖ Having to attend to realities ❖ Having to do things the proven way ❖ Having to attend to details ❖ Checking the accuracy of facts ❖ Needing to focus on past experience ❖ Being required to be practical
T = Typical Work Stressors for Thinking Types <ul style="list-style-type: none"> ❖ Using personal experiences to assess situations ❖ Adjusting to individual differences and needs ❖ Noticing and appreciating what is positive ❖ Focusing on processes and people ❖ Using empathy and personal values to make decisions ❖ Having others react to questioning as divisive 	P = Typical Work Stressors for Perceiving <ul style="list-style-type: none"> ❖ Having to organize selves' and others' planning ❖ Working with timeframe and deadlines ❖ Others' distrust of last-minute energy ❖ Having to finish and move on ❖ Developing contingency plans ❖ Being required to plan ahead

Managing Stress Tips for ENTPs:

- ❖ In your dominant, you like lead and direct; and experience variety while having freedom to create and solve challenges.
→ **TIP:** Think about this when selecting a job or assignment. Make sure you're not in an rules-based environment with too much supervision where you notice incompetence. Ask questions to understand if there are expectations around attending to details and deadlines.
- ❖ When you are under stress, you may become immobilized, impatient, and obsessive over details.
→ **TIP:** Learn to recognize when you are becoming stressed, so you can pause and step away from the situation. Reach out to people you know will just listen and share your challenges in a trusted manner.
- ❖ Be careful not to overcommit and over promise.
→ **TIP:** Set boundaries and learn to say no selectively.
- ❖ Notice how your body is feeling as it's an indication of whether or not you're feeling stressed.
→ **TIP:** When you begin to feel exhausted, see it as a sign to step away from what you're doing. Use meditation and exercise to bring you back into balance.
- ❖ You often rely on improvising and being adaptable to what comes your way.
→ **TIP:** Ask for help in prioritizing tasks and delegating to others so that you don't take on more than you can do.
- ❖ Document actions to help you adapt and flex outside your preferences to manage stress triggers.
→ **TIP:** Conduct a continue, start, and stop exercise that can help you simplify ways to implement actions on a regular basis. For example:

Continue	Start	Stop
<ul style="list-style-type: none">❖ <i>Championing change and initiative actions with great energy and enthusiasm</i>❖ <i>Using logical analysis to find root causes of complex problems</i>	<ul style="list-style-type: none">❖ <i>Enhancing your communication style to show more empathy and appreciation when interacting with others</i>❖ <i>Asking for others' perspectives and assessing their feedback</i>	<ul style="list-style-type: none">❖ <i>Being inconsistent when sharing your perspectives</i>❖ <i>Allowing another's incompetence irritate you</i>