

E5 Leader



TEMPERAMENTS

- Temperaments are the hardwiring and natural ability to process thought.
- No thought is generated without input.
- Temperament, our hardwiring, is what processes inputs to formulate opinion, values, ethics, and behavior.
- The temperament you have is responsible for the way you think and act.
- Understanding temperaments helps you understand yourself better and others as well. Knowledge of temperaments allows you to understand why people act/respond as they do.

Four categories:

Choleric - the hard-driven type-A person who's always going after it.

Phlegmatic - cool, casual, laid back, nothing seems to bother them.

Melancholic - likes a sense of order and has a sense of idealism.

Sanguine - happy-go-lucky person, life of the party, full of life and energy.