

BIG FIVE

in the

WORKPLACE

By the end of this session you will...

Understand the five dimensions of the Big Five system.

Recognize how high and low tendencies in each dimension show up in the workplace.

Understand your own strengths and talents, and the strengths and talents your teammates have to offer.

Gain useful strategies for communicating and collaborating better.

what is the Big Five?

- Also called the **Five Factor Model** or “OCEAN.”
- Considered by experts to be the **most scientifically rigorous** formalization of human personality to date.
- Consists of five broad **dimensions** or “super traits” of personality.
- Each dimension is like a **bucket holding a set of sub-traits** that tend to occur together.

THE BIG FIVE TRAIT MODEL *of* Personality

- ★ OPENNESS
- ★ AGREEABLENESS
- ★ CONSCIENTIOUSNESS
- ★ NEUROTICISM
- ★ EXTRAVERSION

Let's look at THE FIVE DIMENSIONS

Each one exists on a spectrum

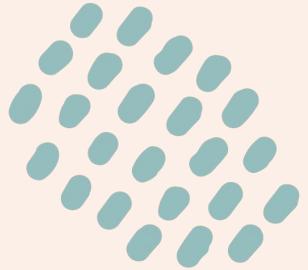
for instance, your Extraversion may be ...

HIGH
EXTRAVERT

... MEDIUM ...
AMBIVERT

LOW
INTROVERT





The full deck is only available to Truity @ Work users.

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- For more information on testing your team with the Truity @ Work platform, [click here: Personality Tests for Business](#).
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