



**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



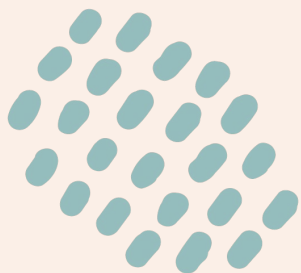
# Let's look at THE FIVE DIMENSIONS

*Each one exists on a spectrum*

for instance, your Extraversion may be ...

HIGH ... MEDIUM ... LOW  
EXTRAVERT ... AMBIVERT ... INTROVERT





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