

MBTI는 성격을 알려주는 성격분석도구라면, SELF는 숨겨진 행동유형까지 알려주는 성향분석시스템입니다
 MBTI는 현재의 상태를 진단서로 제출하지만, SELF는 구체적인 처방전을 발행하고 나아갈 방향까지 제시합니다



S - Support (지함형) ★ 배려의 마법사 조화와 협력 Code / 믿음직한 조력자

✔ 핵심 강점

팀 갈등 중재 및 조화 창출, 타인 배려와 지원, 신뢰 관계 구축

👉 핵심 키워드

협력, 배려, 안정, 조화, 지원, 신뢰, 갈등중재

⚠️ 과잉사용 시 대인관계 문제점

과도한 자기희생으로 번아웃될 수 있음
 타인의 부탁을 거절하지 못하고 나중에 자책할 수 있음
 지나친 책임감으로 스트레스가 가중될 수 있음
 갈등 상황에서 자신의 의견을 억제하고 표현을 자제할 수 있음



E - Execution (실행형) ★ 성취의 연금술사 성과와 추진 Code / 추진하는 실행가

✔ 핵심 강점

빠른 의사결정과 실행력, 목표 지향적 사고, 변화 주도 리더십

👉 핵심 키워드

실행, 성과, 리더십, 추진력, 결단력, 목표달성, 효율성

⚠️ 과잉사용 시 대인관계 문제점

직선적이고 독단적인 태도로 대인관계가 악화될 수 있음
 성급한 판단과 행동으로 실수를 할 가능성이 높아질 수 있음
 지나친 경쟁심으로 불필요한 갈등을 초래할 수 있음
 타인의 감정을 고려하지 않는 태도로 팀워크를 해칠 수 있음



L - Logic (논리형) 원칙의 수호자 분석과 체계 Code / 체계적인 전략가

✔ 핵심 강점

체계적 논리적 문제해결, 데이터 기반, 정확성과 신중함

👉 핵심 키워드

논리, 분석, 체계, 정확성, 객관성, 근거, 원칙

⚠️ 과잉사용 시 대인관계 문제점

지나친 분석과 신중함으로 일처리 속도가 지연될 수 있음
 과도한 자기주장 및 고집으로 조직 문화에 장애가 될 수 있음
 원칙을 너무 따지려다 보니 융통성이 없어질 수 있음
 타인과의 소통을 꺼리고 스스로 고립될 수 있음



F - Flexibility (유연형) 변화의 마술사 창의와 적응 Code / 자유로운 예술가

✔ 핵심 강점

창의적 사고, 기발한 아이디어, 다양한 환경 수용과 소통

👉 핵심 키워드

창의성, 유연성, 적응력, 변화, 다양성, 분위기 메이커

⚠️ 과잉사용 시 대인관계 문제점

일관성 없는 행동으로 가벼운 사람으로 인식될 수 있음
 갈등을 회피하기 위해 중요한 문제를 확인하거나 회피할 수 있음
 우유부단한 태도로 중요한 결정을 미룰 수 있음
 타인의 의견에 쉽게 동요되어 주관이 없어질 수 있음

SELF dynamics™ 만이 제공하는 독보적인 차별화 인사이트

상황별 에너지 변화 진단

단계별 다양한 진단지를 통해
 명상시와 스트레스시의 변화 발견

감정의 과잉사용 관리

감정의 과잉사용에 따른 문제점을
 사전 예방할 수 있는 솔루션 제공

활용분야

- ▶ 자기이해 및 자기개발
- ▶ 팀 발달 및 조직개발
- ▶ 리더십개발 프로그램
- ▶ 갈등관리 및 소통개선
- ▶ 코칭 및 상담 도구

깊은 자기이해와 성찰

환경과 상황의 변화에 따른 다태일한
 행동유형 변화유이 관찰 가능

맞춤형 소통전략 제시

상대방이 원하는 반응을 짐작할 수 있기에
 상황별 맞춤 소통전략 수립이 가능

Dynamics Of The Self

D Kirk



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