

GREEN PROFILE SUPPORT DOCUMENT

(For those who cultivate harmony and stability)

1. YOUR CORE ENERGY

Green embodies nature's quiet strength: patience, growth, and balance. Your essence: creating secure environments where everyone thrives.

Key quote: "Peace comes from within. Do not seek it without." - Buddha

2. WHAT TRULY DRIVES YOU

Your daily fuel:

- Building authentic relationships
- Maintaining group harmony
- Acting with lasting kindness
 - Do you recognize yourself?: "Nothing delights me more than seeing a united team progress with confidence."

3. YOUR SUPERPOWERS... AND YOUR CHALLENGES

Distinctive strengths:

- Exceptional empathetic listening
- Unshakeable reliability
- Natural mediation talent

Tendencies to modulate:

- Conflict avoidance
- Difficulty saying no
- Excessive caution

Concrete examples:

Professions where you excel: HR advisor, nurse, social worker, team coach

Winning scenarios: Conflict resolution, long-term project support, creating safe spaces

4. YOUR IDEAL ECOSYSTEM

Optimal environment:

- Calm and cooperative atmosphere
- Long-term trust relationships
- Predictable work rhythm

Liberating management:

- Participative leadership
- Valuing team cohesion
- Respect for your need for stability

5. YOUR NON-NEGOTIABLE NEEDS

Key recognitions:

- Emotional safety
- Sense of collective belonging
- Time to build trust

Phrases that propel you:

- "Your listening saved this meeting."
- "The team counts on your kindness."

6. USER MANUAL FOR YOUR MANAGER

Winning actions:

1. Organize kind feedback rituals

2. Assign team facilitator roles

3. Plan changes well in advance

Absolute pitfalls:

- Forcing individual competitions
- Denying emotional impact of decisions
- Creating artificial "stimulating" conflicts

Pitfalls to avoid (by yourself):

Risk: Passivity toward injustices

→ Solution: Practice non-violent assertion (DESC method)

Risk: Exhaustion from over-listening

→ Solution: Block 30 min/day for "solo recharge"

Risk: Paralyzing resistance to change

→ Solution: List concrete benefits in writing

7. MIRROR TESTIMONIAL

- "My life is guided by the search for harmony and stability. What motivates me? Being the invisible cement that bonds teams. My behavior is calm and thoughtful - I believe in win-win solutions. My ideal environment? A collaborative space where everyone feels respected. The phrases that move me? 'Your presence calms us' or 'Thank you for taking care of the group.'"

8. TO GO FURTHER

Book: "Heart Intelligence" (Isabelle Filliozat) - Mastering empathy

Video: "Green Energy: Quiet Strength" (Know-Futures®) - Setting boundaries with kindness

Tool: Circle of Influence (Stephen Covey) - Focusing on actionable elements