

A Glimpse into My Supportive Nature

By

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I'm the Support personality type, which means I'm helpful and caring towards others in the workplace. I notice what my teammates and colleagues need and always look for ways to be of service. I'm most content when I'm an integral part of a team. I work hard to make sure that judgements are fair and that everyone has an opportunity to be heard because I'm stable, open-minded, and patient. Building strong relationships and helping others achieve their goals is something I truly enjoy. However, I do find it a bit challenging to try new things and adapt to change. I'm typically very cooperative, patient, friendly, and loyal to my colleagues and friends. My main priority is consistently establishing and maintaining connections throughout time while showcasing reliability and consistency. I'm constantly the first to offer assistance and is frequently viewed as the "glue" that ties everything together. However, I do realize that my Support style might not be the best fit for highly competitive environments where it's every person for themselves.

In terms of flexibility, I adapt my style based on situations and people I interact with. My natural inclination is to be supportive and helpful. I enjoy assisting others and creating positive experiences. However, in specific situations, such as a PR crisis at my previous workplace, I became assertive and took charge, leading the team effectively while maintaining my supportive nature.

I've noticed that I have some secondary personality traits as well. They tend to emerge in different situations. For example, I might exhibit assertive traits when I'm dealing with challenging circumstances, but I tend to revert to my support-oriented self in more typical situations. It's interesting because this secondary style seems to be quite context-dependent.

Balanced Communication: I was surprised to find that I tend to strike a balance between assertiveness and support in my communication style. I can be assertive when needed but also maintain a supportive and empathetic approach in most cases.

Context-Driven Confidence: One of the surprises was how my confidence levels can vary based on the situation. In more typical circumstances, I might appear less confident, but when faced with challenges, I have the ability to exude a greater level of self-assuredness.

Emotional Resilience: The test revealed that I have a high level of emotional resilience as a support personality. I can handle difficult and emotionally charged situations better than I expected.

I wanted to make changes based on the results and my desired interactions with the world, I might consider the following adjustments:

Enhancing Assertiveness: Recognizing the hidden assertiveness within me, I could work on harnessing this trait to become more comfortable and skilled in assertive communication. This would be particularly valuable in situations where I need to take charge, make decisions, or assert my needs and boundaries.

As a support personality type, interacting with other personality types can be a rewarding experience. Here's how I might interact with two different personality types:

Assertive Types:

Collaboration: When engaging with assertive personalities, I would seek to collaborate effectively by identifying common goals and areas of agreement. This can lead to productive teamwork.

Expressive Types:

Active Listening: In interactions with expressive personalities, I would focus on being an active and empathetic listener. I would offer emotional support and understanding, making them feel heard and valued.

References:

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