

EVOLVE

YOUR MIND

BEYOND THE VIDEO



**“When you
say **yes** to
others make
sure you not
saying
no to yourself”**

Analysis of Agreeableness

PROS:

Empathy and compassion:

Agreeable individuals genuinely care about others and are skilled at understanding and sharing their feelings.

Harmonious relationships:

Agreeable people are great at maintaining peace and fostering cooperation in both personal and professional settings.

Good listeners:

They often excel in communication by actively listening and being attentive to others' needs and concerns.

Supportive nature:

Agreeable people can provide emotional support and encouragement to friends, family, and colleagues, making them valuable team members and confidantes.

How to use the advantages and benefits:

Pursue careers in caregiving, counselling, or social work, where empathy and compassion are highly valued.

Act as a mediator in conflicts or team-building activities, using your natural ability to maintain harmony and promote understanding among team members.

Leverage your listening skills to build rapport and trust in professional and personal relationships.

Provide support and encouragement to others in times of need, becoming a valuable friend, family member, or colleague.

CONS:

Difficulty standing up for oneself:

Highly agreeable people may struggle to assert themselves, making them vulnerable to manipulation and exploitation.

Avoidance of conflict:

They often avoid conflict at all costs, which can lead to unresolved issues and long-term problems.

Struggle with negotiation:

Agreeable individuals may have difficulty negotiating for their own benefit, such as in salary negotiations or asserting their needs in relationships.

Losing touch with personal desires:

They may become so focused on others' needs that they lose sight of their own goals and desires.

How to work on the weaknesses of this trait:

Develop assertiveness skills:

Practice standing up for yourself by expressing your opinions, setting boundaries, and asserting your needs.

Engage in conflict resolution:

Learn healthy ways to address conflicts, such as using active listening, maintaining open communication, and finding compromise.

Improve negotiation abilities:

Educate yourself on negotiation techniques and practice advocating for your own interests in both personal and professional situations.

Prioritise self-awareness:

Dedicate time for self-reflection and self-care, focusing on your own desires, goals, and well-being to maintain a balance between attending to others and taking care of yourself.



Fill your cup

Recognise your priorities

Create healthy boundaries

**Find the courage to stand
up for yourself**

**Rediscover your authentic
self**

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