

Sarah Bryant

The Emerging Leader Institute has been a beneficial and beneficial personal experience. Before taking this course, I had had numerous opportunities to develop some leadership skills. This class has offered me a chance to strengthen those skills that I had already acquired, as well as learn new ones. One of the greatest benefits was meeting many positive, genuine, and interesting people. They provided insights and challenges throughout the class which expanded my thought process and helped me to realize other leadership styles.

Throughout the course, we did various activities and listened to a number of speakers. As I reflect on these, I believe that taking the Myers-Briggs Personal Inventory and learning the results from this, has created the most impact in my personal life. It was fascinating to be exposed to the basic sixteen personality types. I realize that the different combinations are general categories and are not set in stone, but they do provide great reference points for understanding others better. If businesses would administer this inventory to their employees, maybe they could increase their productivity because the atmosphere could be less tense and more accepting.

It was a real eye-opener to me when everyone in the class discovered their personality type and shared this new information. Since I am a visual learner, the technique that was used by the instructor to disclose the individuals' opinion of their preferences was very affective. I was shocked to actually see that there were more introverts than extroverts in our group. I realized that the individuals had different preferences between planned or spontaneous activities, different approaches to getting energized, different approaches to organization and details, and different approaches to

the thought process. I thought it would seem logical that emerging leaders would be more extroverted than quiet and shy, but my perception of the meaning of these terms was incorrect. I now understand that extrovert and introvert refers to how a person deals with the thinking process and becomes energized. It is important that we have a mixture of both types of leaders.

Ever since we have taken the Myers-Briggs Personal Inventory, I feel that I have already begun to apply the results. Knowing my preferences has helped me work better with others. I have been in leadership positions for the past six years and at times have found myself somewhat frustrated at times because I didn't understand how another person was operating. I realize now that it was their personal preference of accomplishing tasks, which was different from mine. Since I am an extrovert, I am quick to talk out because I process verbally. From this understanding of myself, I have become more patient with people who think before they speak.

At present I hold an office in my sorority. Many times I have so many ideas juggling in my mind that I know I could never execute them all. This leads to frustration and a sense of not accomplishing all that I should. I need to understand that I am more visionary than detailed; I tend to see the forest more than just the trees. When planning activities for the group, I use to think that I was simply a procrastinator. I am not saying that this is not part of it, but I realize that I am more spontaneous as opposed to a long-term planner. This can and does create problems when executing an idea. In my dealings with others, I have come to realize that I am ready to make concessions and allow people to make excuses. I do not view things or situations as merely black and white. That is why I am a feeler rather than a thinker on the Myers-Briggs.

As a result of the inventory findings, I know that I will continue to apply this knowledge in my everyday life and pass this information on to others. It's not that I try to categorize people's personality types, but I have begun to be more aware that people do have different preferences. I believe that to be a good leader, I must always strive to understand myself and others better. I thoroughly enjoyed this activity and I am very thankful for the University for providing this opportunity.