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CHAPTER 01

Know Yourself & Understand Others



## About Human Preferences



INTROVERSION

Where do you get your energy from?

**S**ENSING

**E**XTRAVERSION

INTUITION

What kind of information do you prefer to use?

**THINKING** 

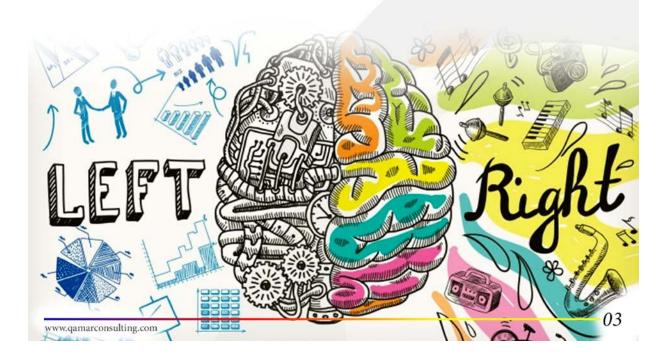
FEELING

What process do you use to make decisions?

**JUDGING** 

PERCEIVING

How do you deal with the world around you?





## Understanding Preferences Through Pictures

#### EXTRAVERSION (E)

Keywords:

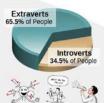
Active

Outward

Sociable

Open in communication

Expressive in nature















#### INTROVERSION(I)

Keywords:

Reflective

Inward

Reserved

Private in communication

Quiet in nature







Check your response which preference you prefer the most?

#### SENSING (S)

Keywords:

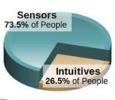
Pay attention to facts and details

Present focused

Practical

Conserve

Repetition







#### INTUITION (N)

Keywords:

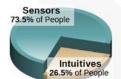
Pay attention to patterns

Future focused

Imaginative

Change

variety







Check your response which preference you prefer the most?





Keywords:

Decides with head

Use logic

Analyze and critique

Impersonal

Concerned with truth and justice

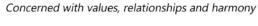
Thinkers
50% of People

Feelers
50% of People

#### FEELING (F)

Keywords:

Decides with heart
Use personal convictions
Empathize and appreciate Personal











Check your response which preference you prefer the most?

#### JUDGING (J)

Judgers 51% of People

Keywords: Organized Control

Decisive Deliberate

Plan



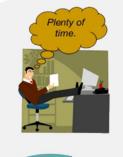


Perceivers

#### PERCIEVING (P)

Keywords: flexible experience Curious Spontaneous







Check your response which preference you prefer the most?

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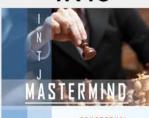
## Brief Overview Of 16 Personality Types

### ISTJ



PRACTICAL
SENSIBLE
REALISTIC
SYSTEMATIC
REASONABLE
www.gamarconsulting.com

#### INTJ



CONCEPTUAL
CREATIVE
INSIGHTFUL
LONG RANGE
THINKERS

#### **INFP**



CONCERNED
CARING
IDEALISTIC
CURIOUS
CREATIVE
WWW.qamarconsulting.com

#### **ISFJ**

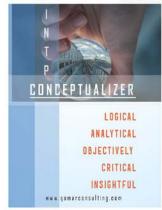


#### ISTP

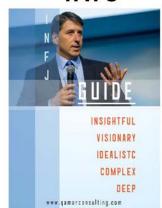


PRACTICAL
REALISTIC
FACTUAL
PRAGMATIC
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#### INTP



### INFJ



#### **ISFP**



SENSITIVE GENTLE OBSERVANT www.qamarconsulting.com

#### **ESTP**



OBSERVANT
PROBLEM SOLVERS
PRACTICAL
RATIONAL
STRAIGHTFORWARD



## Brief Overview Of 16 Personality Types

#### **ESFP**



PRACTICAL SPECIFIC ACTIVE OPTIMISTIC

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#### **ENFP**



SPECIFIC

ACTIVE

OPTIMISTIC

PERSUASIVE

PRACTICAL

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#### **ENTP**



CREATIVE
IMAGINATIVE
CONCEPTUAL
ASSERTIVE

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#### **ESTJ**



OBJECTIVELY CRITICAL DECISIVE Assertive Systematic

#### **ESFJ**



WARM
SYMPATHETIC
PERSONABLE
TACTFUL

#### **ENFJ**

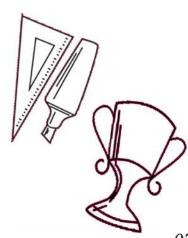


PERSONABLE
LOYAL
SUPPORTIVE
TRUSTWORTHY
IMAGINATIVE

#### **ENTJ**









## CHAPTER 02

Mapping Your Career Journey

**ENTP** (Inventor)



## ENTP Born Talents





## INVENTOR (ENTP)



Initially seem skeptical, analytic, & detached, can be easygoing tolerant & casual

Open ended & exploratory, take in & integrate information from many sources

Think outside the box & come up with new & untried solutions to problems

Energetic & enthusiastic immersed in projects to actualize their vision

## What Excites ENTP the Most?

#### Doing work that

- Lets me work with a diverse group of people on a variety of projects, motivated by creative inspiration.
- Lets me create new ideas, products, services, or solutions to problems that will help other people, and enjoys seeing projects that become reality.
- > Is fun, challenging, and always varied.
- Rarely requires me to handle the follow through, routine details, or maintenance of a system or project.
- Lets me work at my own pace and schedule, with a minimum of rules or structure and the freedom to act spontaneously.
- > Lets me meet new people, learn new skills, and continually satisfy my curiosity.
- > Is consistent with my personal beliefs and values and lets me create opportunities that benefit others.
- > Is done in a friendly and relaxed environment with humor, goodwill, and a minimum of interpersonal conflict.
- Allows me the freedom to follow my inspirations and participate in exciting and intriguing adventures.
- > Is done in an environment that appreciates and rewards enthusiasm, ingenuity, and imagination.

## During an Interview an ENTP will Often

- Confidently discuss their skills and abilities.
- · Convey their enthusiastic attitude.
- Present ideas and possibilities that will benefit the company.
- Benefit from ensuring that they listen and not assume what will be said.
- Need to be able to discuss their current contributions for the organization.



## ENTP Career Trend and Potential Strength

### Career Trends

What stands out about ENTPs is the breadth of career fields covered by their most popular occupations. One set involves occupations dealing with things or ideas, such as in architecture, engineering science. The other involves working with people & includes positions in business, healthcare & education as an executive or manager. The variety indicates that the content of the job may not be as important as the opportunity to continually take on new challenges.

## Potential Strength

- Creativity
- > Problem solving at a system level
- > Analytical skills
- > Technical expertise
- > Enterpreneurial approach

## كيرئير ٹرينڈ:

ENTPs کے بارے میں جو چیزیائی جاتی ہے وہ ان کے بہت سے مشہور پیشے ہیں۔ ایک پیشہ ہے جو کہ Engineering, Archiecture اور S cience کا ہے جس میں ان کو deal کرنے میں مزا آتا ہے۔ دوسرالوگوں کے ساتھ کام کرنے میں جیسے کہ Business کے ساتھ کام کرنے میں جیسے کہ Education





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## Popular Occupations of ENTP

People with ENTP preferences are often attracted to and may find satisfaction in careers and occupations in the following areas:

- 1.Arts & entertainment
- 2.Manager & executive: arts, entertainment, media
- 3. Journalism, visual arts, photography
- 4. Acting
- 5. Life & physical science: geology, biology
- 6. Social sciences

- 16. Engineering: industrial, chemical
- 17. Architecture
- 18. Executive: transportation, production
- 19. Computer technician
- 20. Construction & skilled trades





## Popular Occupations of ENTP

However, there are successful people of all types in all occupations. The key to getting where one wants to go involves firstly identifying what one really wants, something that comes from a more individual place than type. Individuals with ENTP preferences then need to use knowledge of their type to gain insight into how they might approach the different activities in planning a career. In other words, ENTPs need to build on the strengths of their type and address potential obstacles that may come along with their style as they explore options, connect with others, make decisions, and manage their careers.

## Less Popular Occupations of ENTP

Every type is in virtually every career, and clearly people are drawn to careers for many reasons other than their type. People with ENTP preferences are, however, less often attracted to careers and occupations that pragmatic personal care or the fostering of relationships, as in careers in childcare, teaching younger students (preschool through grade 12), nursing, health-care support, or religious careers. They are also found less often in careers that require work in isolation or careers that demand a great deal of routine hands- on or mechanical work, as in office support, production, or repair jobs.





## ABOUT US

"Qamar consulting excels in generating human and organizational development solutions".

Qamar Consulting is a management consultancy firm specializes in Organization Development, Training and Development, Career & Talent Management and MBTI based counseling services. It is the leading TYPE based (using MBTI) training and consulting firm in the region that works with organizations to facilitate them in discovering their human potential and optimizing their performance. It offers services to Individuals, Institutes and Organization, whether it is small or large, profit or nonprofit sectors.

Qamar Consulting operates in the following domains:

- 1. Corporate Development Solutions
- 2. Family Development Solutions
- 3. Career Development Solutions

## FOUNDER

Dr. Muhammad Qamar-ul-Hassan is the Founder & CEO of Qamar Consulting. He enables people of organizations to know their talents and potential and how they can improve their performance in achieving greatest success in all the lives. He was a Medical doctor and after practicing medicine for about 10 years serving in institution like Agha Khan and Ziauddin, he quit medicine in favor of positive Psychology to facilitate health and wellbeing of the people so that they can achieve greatest success in all the lives.

#### TWO WORDS:

**UNDERSTAND** and **IMPROVE** best describe his business philosophy and work.

He has over 16 years of experience of Consulting, Training, Counseling and Research. He has worked with many organizations, universities and schools in the areas of Leadership and Management Development, Career Management, Employee Retention, Team Building, Parenting and

Teaching Effectiveness to promote Better Understandings for

Dr. Muhammad Qamar Ul Hassay,

Improved Performance.

(CEO of Qamar Consulting)

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