



INFP CAREER GUIDANCE KIT

 **QAMAR CONSULTING**
Discovering Potential & Optimizing Performance

www.qamarconsulting.com

TABLE OF CONTENTS

Chapter 01

Know Yourself & Understand Others	02
About Human Preferences	03
Understanding Preferences Through Pictures	04-05
Brief Overview of 16 Personality Types	06-07

Chapter 02

Mapping Your Career Journey	
ISTJ Born Talents	08
What Excites ISTJ the Most	09
ISTJ Career Trend & Potential Strength	10
Popular Occupation / Fields for ISTJ	11
Less Popular Occupation for ISTJ	12
Founder Profile	13



CHAPTER 01

Know Yourself & Understand Others

About Human Preferences

EXTRAVERSION



INTROVERSION

Where do you get your energy from?

SENSING



INTUITION

What kind of information do you prefer to use?

THINKING



FEELING

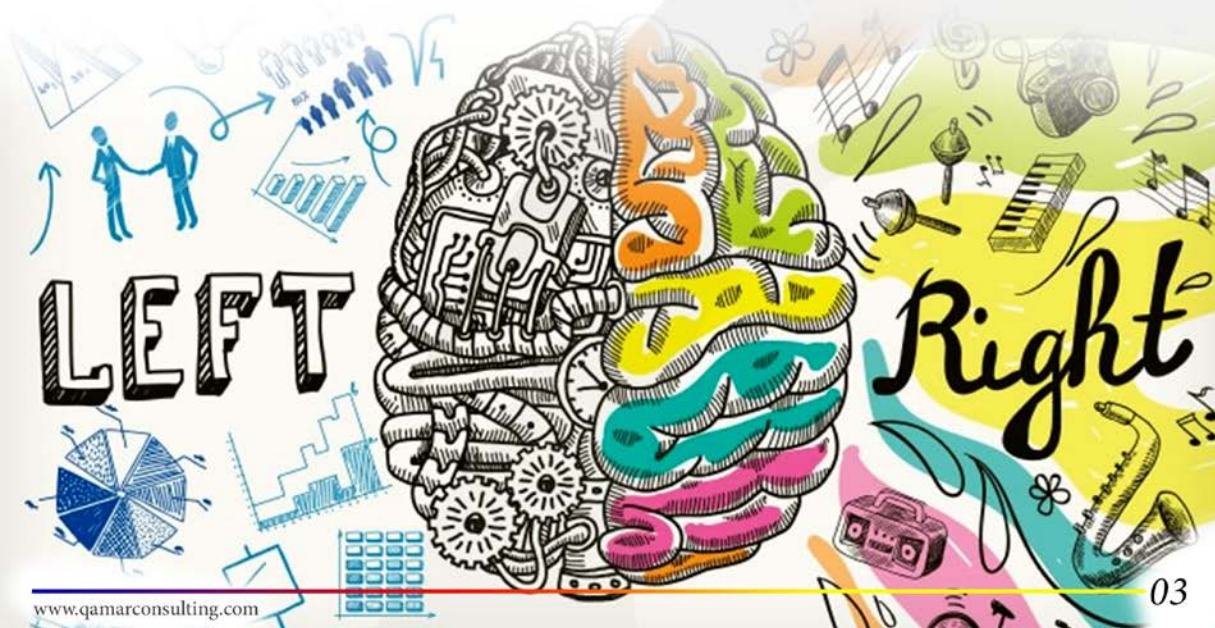
What process do you use to make decisions?

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)

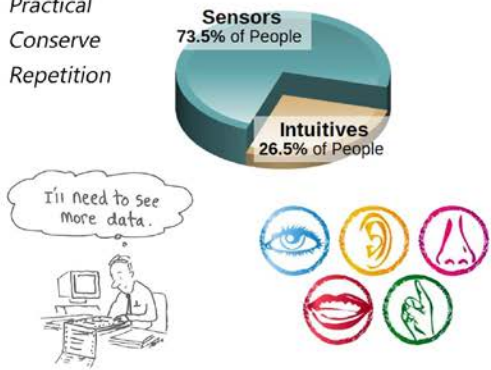
Keywords:
Reflective
Inward
Reserved
Private in communication
Quiet in nature



Check your response which preference you prefer the most?

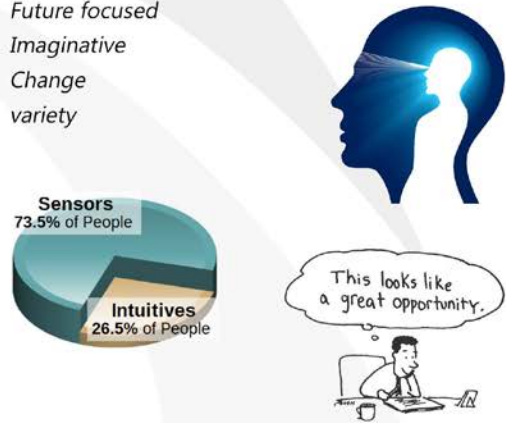
SENSING (S)

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?

THINKING (T)

Keywords:

Decides with head

Use logic

Analyze and critique

Impersonal

Concerned with truth and justice



FEELING (F)

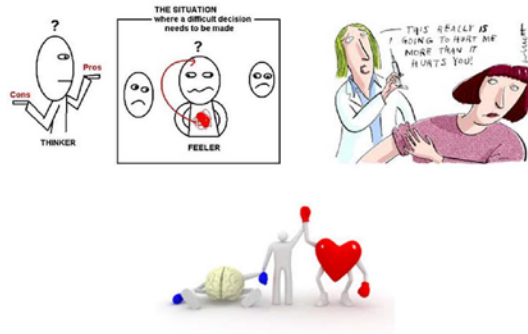
Keywords:

Decides with heart

Use personal convictions

Empathize and appreciate Personal

Concerned with values, relationships and harmony



Check your response which preference you prefer the most?

JUDGING (J)

Keywords:

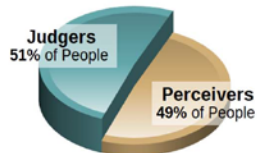
Organized

Control

Decisive

Deliberate

Plan



PERCIEIVING (P)

Keywords:

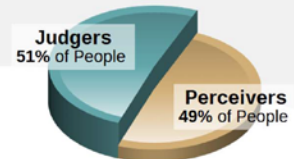
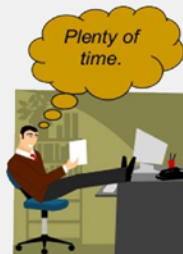
flexible

experience

Curious

Spontaneous

wait



Check your response which preference you prefer the most?

Brief Overview Of 16 Personality Types

ISTJ



DUTIFUL

- PRACTICAL
- SENSIBLE
- REALISTIC
- SYSTEMATIC
- REASONABLE

www.qamarconsulting.com

ISFJ




PROTECTOR

- REALISTIC
- CONCRETE
- SPECIFIC
- KIND
- SENSITIVE

www.qamarconsulting.com

INFJ



GUIDE

- INSIGHTFUL
- VISIONARY
- IDEALISTIC
- COMPLEX
- DEEP

www.qamarconsulting.com

INTJ




MASTERMIND

- CONCEPTUAL
- CREATIVE
- INSIGHTFUL
- LONG RANGE THINKERS

www.qamarconsulting.com

ISTP



CRAFTSMAN

- PRACTICAL
- REALISTIC
- FACTUAL
- PRAGMATIC

www.qamarconsulting.com

ISFP



ARTIST

- TRUSTING
- KIND
- SENSITIVE
- GENTLE
- OBSERVANT

www.qamarconsulting.com

INFP




HEALER

- CONCERNED
- CARING
- IDEALISTIC
- CURIOUS
- CREATIVE

www.qamarconsulting.com

INTP




CONCEPTUALIZER

- LOGICAL
- ANALYTICAL
- OBJECTIVELY
- CRITICAL
- INSIGHTFUL

www.qamarconsulting.com

ESTP




ACTIVIST

- OBSERVANT
- PROBLEM SOLVERS
- PRACTICAL
- RATIONAL
- STRAIGHTFORWARD

www.qamarconsulting.com

Brief Overview Of 16 Personality Types

ESFP



PERFORMER

- PRACTICAL
- SPECIFIC
- ACTIVE
- OPTIMISTIC

www.qamarconsulting.com

ENFP



CHAMPION

- PRACTICAL
- SPECIFIC
- ACTIVE
- OPTIMISTIC
- PERSUASIVE

www.qamarconsulting.com

ENTP



INVENTOR

- CREATIVE
- IMAGINATIVE
- CONCEPTUAL
- ASSERTIVE

www.qamarconsulting.com

ESTJ



GUARDIAN

- OBJECTIVELY
- CRITICAL
- DECISIVE
- ASSERTIVE
- SYSTEMATIC

www.qamarconsulting.com

ESFJ



PROVIDER

- WARM
- SYMPATHETIC
- PERSONABLE
- TACTFUL

www.qamarconsulting.com

ENFJ



MENTOR

- PERSONABLE
- LOYAL
- SUPPORTIVE
- TRUSTWORTHY
- IMAGINATIVE

www.qamarconsulting.com

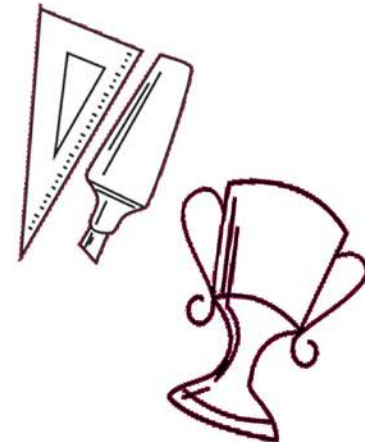
ENTJ



COMMANDER

- ANALYTICAL
- CHALLENGING
- DECISIVE
- CLEAR
- CONCEPTUAL

www.qamarconsulting.com





CHAPTER 02

Mapping Your Career Journey

INFP (Healer)

INFP Born Talents

Adaptable *تجسسوتہ*

Gentle *نرم مزاج*

Committed *پابند*

Idealistic *تصویری*

Curious *تجسس*

Imaginative *پر خیال*

Deep *گہری*

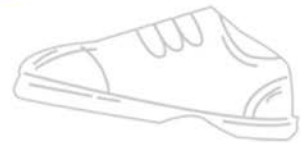
Intimate *مطلع کرنا*

Devoted *جاں نثار*

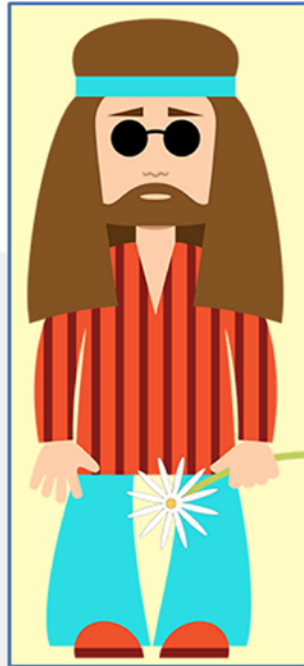
Loyal *وفادار*

Empathetic *ہمدرد*

Reticent *خاموش*



HEALER (INFP)



Quiet, calm, supportive listeners who are willing to hear others concerns

Devote their attention to understanding others situations & points of view

Explore options & find innovative, long term solutions & opportunities

Optimistic & see ways that change can be positive for the people involved

What Excites INFP the Most?

Doing work that

- Is in harmony with my own personal values and beliefs and allows me to express my vision through my work
- Gives me time to develop substantial depth to my ideas and maintain control over the process and product
- Is done autonomously, with a private work space and plenty of uninterrupted time, but with periodic opportunities to bounce my ideas off people I feel respect me
- Is done within a flexible structure, with a minimum of rules or regulations, letting me work on projects when I feel inspired
- Is done with other creative and caring individuals in a cooperative environment free from tension and interpersonal strife
- Lets me express my originality and in which personal growth is encouraged and rewarded
- Does not require me to present my work frequently in front of groups of people or be called upon to share before it is completed to my satisfaction
- Allows me to help others grow and develop and realize their full potential
- Involves understanding people and discovering what makes them tick; allows me to develop deep one to one relationships with others
- Allows me to work toward fulfilling my ideals and not be limited by political, financial, or other obstacles

INFP Career Trend and Potential Strength

Career Trends

There are two major trends in occupations that appeal to INFPs. One is occupations that allow INFPs to exercise their preferences in the language, visual and performing arts. The other is that the majority of the most popular occupations involve some kind of service to others, either helping them with physical or emotional problems or teaching.



10

Potential Strength

- Sense of purpose
- Creativity
- People skills
- Adaptability
- Gentle persuasion

کیرئیر ٹرینڈ :

دواہم پیشے ہیں جو INFP کو پسند آتے ہیں جس میں سے ایک وہ ہے جس میں language اور آرٹ شامل ہو۔ دوسرا وہ ہے جس میں لوگوں کی خدمت کی جائے چاہے وہ کسی بھی طریقے سے ہو جس میں Emotional اور physical مسئلے ہو سکتے ہیں یا پھر استاد بن کر بھی۔

During an Interview an INFP will Often

- Convey their dedication to work that they value
- Potentially present themselves as uninterested due to a quiet disposition
- Benefit from practicing how to discuss their abilities
- Need to identify their current benefit to the organization and monitor the amount they reference future possibilities

Popular Occupations of INFP

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

1. Fine artist
2. Interior Design
3. Visual arts, graphic design, multimedia, animation
4. Psychologist: clinical, counseling, educational
5. Counseling, social work, community services
6. Medicine: psychiatry
7. Architecture
8. Writing, editing
9. Journalism & publishing
10. Religious profession
11. Social sciences
12. Research
13. Educational consulting
14. Personal care & services
15. Physical therapy
16. Teaching: art, drama, music, english languages
17. Acting, performing arts & entertainment
18. Musician, singer, composer
19. Social & life sciences
20. Public health careers



Popular Occupations of INFP

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 INFP 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, INFPs 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 INFP

Every type is in virtually every career, and clearly people are drawn to careers for many reasons other than their type. People with INFP preferences are, however, less often attracted to careers and occupations in management, business, the military, factory work, and other fields requiring attention to detail, systematic tough minded analysis, or highly structured work. They are also found much less often in careers that require a great deal of interpersonal competition, or careers that involve a significant amount of hands-on, manual, or mechanical work, such as protective services, construction, and engineering.



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.

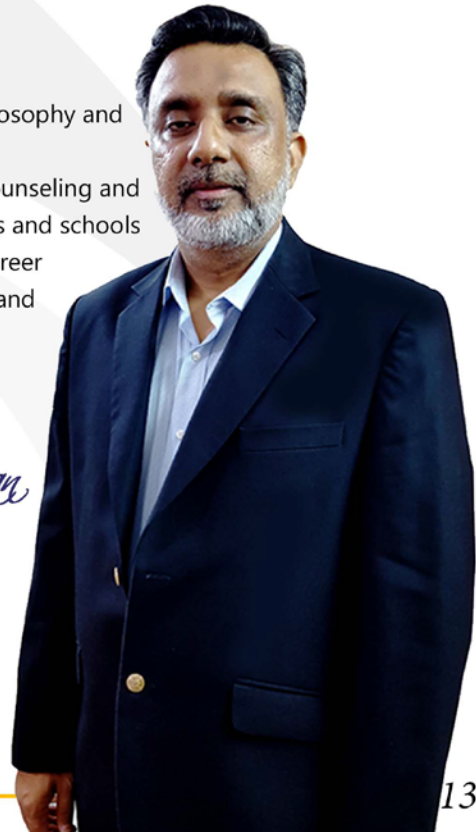
TWO WORDS:

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 Improved Performance.

Dr. Muhammad Qamar ul Hassan

(CEO of Qamar Consulting)





+92 336 2221212 | 0213 6624246

qamarconsulting.com | info@qamarconsulting.com

Dr.Muhammad.Qamar.ul.Hassan

/qamar_consulting | /in/dr qamar