

## ENFP

Extravert, Intuitive, Feeling, Perceiving

ENFPs represent approximately 5% of the American population.

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### Potential Strengths

ENFPs are energized by new ideas and possibilities. They are intrigued with anything original and out of the ordinary. Curious, energetic, and creative, they like and need to talk about their ideas to stay interested in them and make them real. Free spirits by nature, ENFPs are not especially impressed with authority and like considering unconventional approaches. Spontaneous, adaptable, and playful people, ENFPs love a challenge and are confident in their ability to find ways to solve problems in creative ways.

Frequently non-conformists, ENFPs admire others who also march to their own beat. Because they love meeting new people, ENFPs usually have a large and varied group of friends. They work hard to keep all their relationships alive and often have friendships lasting many years. Warm, gentle, and sympathetic, ENFPs are interested in helping others make the most of their talents.

### Potential Weaknesses

Because ENFPs are most interested in possibilities, they tend to ignore or avoid anything that has already been done or requires routine maintenance. They much prefer the new and novel and are so eager to get onto the next challenge that they may leave projects unfinished or disorganized. Not especially realistic, ENFPs rarely even notice the routine details or common facts around them. They often have trouble paying attention and focusing on just one thing at a time and can sometimes be irresponsible with their commitments.

Since ENFPs like juggling more than one thought, activity, or person at a time, they sometimes rush through activities and find themselves over-committed socially and professionally. Their reluctance to rule out options or eliminate interesting possibilities means they sometimes miss opportunities because they didn't commit ahead of time. Without outside stimulation, ENFPs often find themselves stagnating. They need to get out in the world and have fun with other people to recharge their batteries.

### As an ENFP, I am good at . . .

- Seeing unique ways of solving problems
- Working with all kinds of people as part of a team
- Applying my various experiences and skills to new fields of interest
- Understanding other people and getting them excited about my ideas
- Being flexible, accommodating, and easy to work with

### I need to watch my tendency to . . .

- Get sidetracked or become distracted by something more interesting
- Not prepare properly ahead of time
- Become bored or disinterested if I have to work alone
- Be sloppy with details or facts

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### What I need in a career for it to be satisfying

1. A creative and fun environment where I can work with a variety of people each day
2. Plenty of opportunities to be challenged by new situations, where each day is different from the day before
3. The ability to talk about ideas, possibilities, and implications and then see my innovations become reality
4. An easy-going and relaxed atmosphere, without a lot of rules, regulations, or restrictions
5. The chance to make a difference and work on projects I believe in

### Careers to consider

Reporter/Editor	Public Relations Specialist	Journalist
Screen/Play Write	Marketing Consultant	Columnist
Musician/Composer	Advertising Sales Executive	Newscaster
Character Actor	Advertising Creative Director	Copywriter
Psychologist	Strategic Planner/Researcher	Publicist
Interior Decorator	Conference Planner	Cartoonist
Social Worker	Pastoral Counselor	Artist
Housing Director	Employee Assistant Specialist	Consultant
Career Counselor	Sales: intangibles/ideas/services	Inventor
Rehabilitation Worker	HR Development Trainer	Ombudsman
Preschool Teacher	Teacher: liberal arts/special education	

### Recommendations for the job search

1. **Using my strengths, I excel when I:**
  - Brainstorm possible careers or jobs without limitations
  - Tap into and then use my extensive network of friends and associates
  - Establish rapport easily and comfortably with interviewers
  - Don't let road blocks disappoint me or slow me down
  - Stay open to new ideas and potential options through the process
2. **Avoiding my weaknesses, I need to:**
  - Pay close attention to the realities, timetables, and deadlines
  - Double check my facts and attend to the less interesting details
  - Work on following through with all phases of the job search
  - Make decisions and rule out options so I don't become overwhelmed
  - Be disciplined and organized about my job search
  - Carefully consider the real requirements of the job, not just its possibilities