




Dear ESTP, Angelica, ESTP

We received a request of more information about possible experiences within your career field based on your personality type. Here is an example of Angelica, another ESTP...


Meet Angelica, a fellow ESTP

Angelica is an Executive Park Director. Since the time of her early youth, Angelica has been fascinated by and in love with nature! As an ESTP, she is extroverted and highly sensitive to others, yet also bares the ability to be quite technically oriented and perceptive. Her traits help her to desire to be connected with the community and to care about the needs of that community, as well as to discern the technical elements of being a park director.




Angelica is faced with many decisions though! Park design, implementation of public service facilities, event planning, and meeting the desires of community concerns. Constantly she is faced with one decision after another but when she steps into the space she has helped to design, craft, and engineer the welfare of, she breaths a sigh of relief, knowing the value of her work. When that space is occupied by her beloved trees, birds, playgrounds, walking paths with oak bridges, and families enjoying the sun and flowers, she knows it's all worth it.

But what happens when the hours of each day catch up with her? Soon she is overwhelmed with the needs that leave her glued to her office and computer. She becomes weary, her one class of wine with dinner becomes two, her neck begins to cramp with the after effects of stress, her dream is pulling on her sleeves, day and night.



Although, she is extroverted and perceptive, the sensing and sensitive side of her is taking on more of the community's concerns than she can handle. Angelica is taxed each day just a bit more and all out of the goodness of her heart.

She does a bit of research on how to change the situations and finds out two useful things. The first is that she needs to make some time for herself to unwind, with either a creative activity non-work related and/or she needs to exercise for the mental health benefits of physical activity. The other important thing she learns is that you can't please everyone. As a considerably sensitive person to the needs of others, this is difficult for her to adjust to, but necessary.



She begins finding ways to politely deny certain requests based on funding, time, and personnel constraints, all factors she is finally being honest with herself and others about. This helps to put her in a much better place, and her health habits balance back out, and she becomes happier day to day.

If you're an ESTP like Angelica, you might also enjoy directing a creative space. But remember to care of the sensing part of yourself and to balance things out.

Warm regards,

PPCE

Personality/Career Evaluation Team