Personality Development

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What is Personality Development?

Personality development is defined as a process of developing and enhancing one's personality. Personality development helps an individual to gain confidence and high self-esteem.
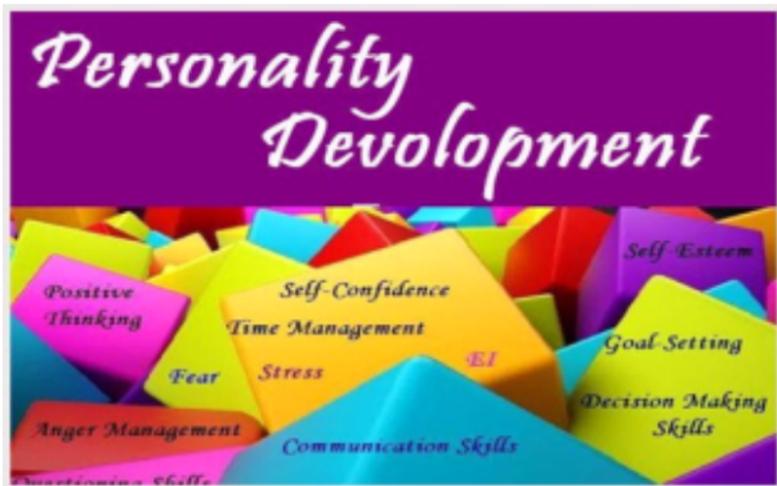
Determinants of Personality

1. Heredity - Heredity refers to factors that are determined once an individual is born. An individual's physique, attractiveness, body type, complexion, body weight depend on his/her parents biological makeup.

2. Environment - The environment to which an individual is subjected to during his growing years plays an important role in determining his/her personality. The varied cultures in which we are brought up and our family backgrounds have a crucial role in shaping our personalities.

3. Situation - An individual's personality also changes with current circumstances and situations. An individual would behave in a different way when he behaves in different way based on the immediate situation or problems.
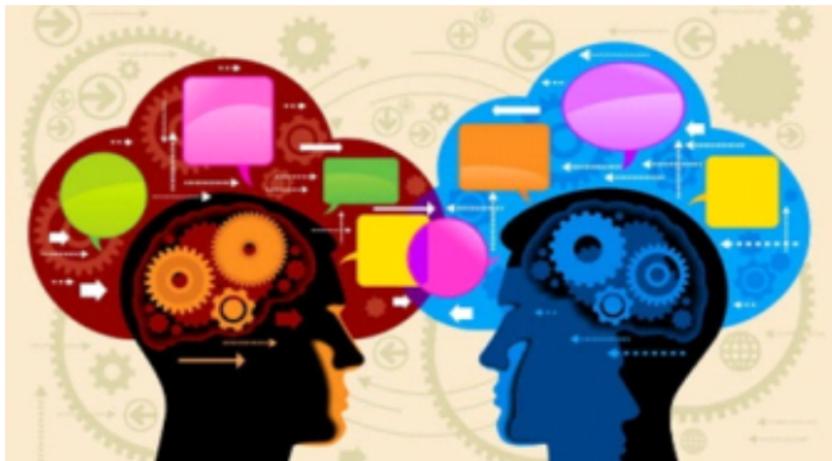
Importance of Personality Development

An individual's personality refers to his/her appearance, characteristics, attitude, mindset and behavior with others.

1. Personality development grooms an individual and helps him make a mark of his/her own. Individuals need to have a style of their own for others to follow them. Do not blindly copy others. You need to set an example for people around. Personality development not only makes you look good and presentable but also helps you face the world with a smile.

2. Personality development goes a long way in reducing stress and conflicts. It encourages individuals to look at the brighter sides of life. Face even the worst situations with a smile.

3. Personality development helps you develop a positive attitude in life. An individual with a negative attitude finds a problem in every situation. Rather than cribbing and criticizing people around, analyze the whole situation and try to find an appropriate solution for the same.

Personality Development Tips

Let us go through some tips for enhancing one's personality:

❍ **Smile a lot**- Nothing works better than a big smile when it comes to interacting with people around. Do not forget to flash your trillion dollar smile quite often. Believe me, it works! As they say "a smile is a curve that sets everything straight". A smiling face wins even the toughest soul. Wear your smile while interacting with others. Smile not only helps in enhancing an individual's personality but also winning other's heart.

❍ **Think positive-** It is really essential to think positive. Remember there is light at the end of every dark tunnel. Do not always think negative as it not only acts as a demotivating factor but also makes an individual dull and frustrated. Don't get upset over minor things. Be a little flexible and always look at the broader perspectives of life.

❍ **Dress Sensibly-** Dressing sensibly and smartly go a long way in honing one's personality. One needs to dress according to the occasion. How would a female look if she wears a sari to a discotheque? Obviously ridiculous! No matter how expensive your sari is, you can't wear it to a night club or a pub where everyone is dressed in smart casuals. Price has nothing to do with smart dressing.

❍ **An individual who is well dressed is respected and liked by all.** No one would take you seriously if you do not wear suitable clothes fitting with occasions. Do take care of the fit of the dress as well. An individual should wear clothes as per his/her body type, height, physique and so on. Someone who is bulky would not look very impressive in body hugging clothes.

❍ **Be soft-spoken-** Do not always find faults in others. Fighting and quarrelling lead to no solution. Be polite with others. Be very careful of what you speak. Avoid being rude and short tempered.

❍ **Leave your ego behind-** An individual needs to hide his ego everywhere he goes. Be it office or workplace you need to leave your ego behind if you wish to win appreciation from others. An individual who is good from within is loved by all.

❍ **Avoid Backbiting-** Backstabbing and criticizing people are negative traits which work against an individual's personality. Learn to appreciate others. If someone has done some extraordinary task, do not forget to give a pat on his/her back. Believe me; the other person will speak high of you even when you are not around.

❍ **Help others-** Do not always think of harming others. Share whatever you know. Remember no one can steal your knowledge. Always help others.

❍ **Confidence-** Confidence is the key to a positive personality. Exude confidence and positive aura wherever you go.

❍ **A Patient listener-** Be a patient listener. Never interrupt when others are speaking. Try to imbibe good qualities of others.

Importance of Character in Personality Development

Let us first understand what does character mean?

Character refers to the sum of an individual's qualities and characteristics which differentiate him/her from others. An individual's character is actually an amalgamation of his/her qualities which makes him unique and helps him stand apart from the rest.

Character plays an essential role in Personality Development

Remember personality development is not only about looking good and wearing expensive brands. It is also about developing one's inner self and being a good human being. More than anyone else, you are answerable to yourself. Do not do anything which you yourself are not convinced of. An individual is nervous only when he is ashamed of what he is doing. Character is something which an individual is born with and seldom changes with time as against behavior. Honesty is an individual's inherent character which would never change irrespective of his/her situation or circumstance.

A person with a good character finds acceptance wherever he goes and respected by all Character includes traits such as:

- ○ Honesty
- ○ Leadership
- ○ Trust
- ○ Courage
- ○ Patience

A good character helps you develop a winning personality. In other words, a good character is the backbone of a magnetic personality which attracts other people.

You need to develop a sense of loyalty and attachment towards your organization. Commitment has to come from within. Don't just work for money. Don't attend office just to fulfil your job responsibilities.

Not everyone can be a good leader. You need to have leadership qualities to be able to lead your team well. You need to be cool-headed to be a good leader. Remember, your team members might come up with any query which may be logical, may not be logical or relevant. You can't shout on them, else they will never open up.

An individual with a good character would in turn have a good personality. If you are extremely good looking but do not know how to behave, don't be surprised if you are ignored by others. **Nothing is more important than your character and moral values.** Never cheat others. Remember, life is nothing without ethics and values.

Personality Types - Different Types of Personality

1. The Duty Fulfiller - Such individuals take their roles and responsibilities seriously and perform whatever tasks are assigned to them. Duty fulfillers are serious individuals and believe in honesty and a peaceful living. They never do anything which is not good for themselves, their job, families or for the society.

2. The Mechanic - As the name suggests such individuals are inclined towards machinery like aeroplane, motorcycling, cars, races and so on. They are interested to know why and how certain things function. Theories do not interest them.

3. The Nurturer - Nurturers are individuals with a large heart. For them, the happiness of others is more important than their own interests. Such individuals actually live for others.

4. The Artist - Artists have an eye for natural beauty and creativity. Rather than worrying about future, they believe in living for the moment. Such individuals are extremely cool headed and do not get into unnecessary fights and troubles. They do not blindly copy others and aspire to create a style of their own.

5. The Protector - You would find such a personality type in very few people, making it a very rare personality type. Protectors are systematic individuals who want the best system to get things done. They often think irrationally.

6. The Idealist - Such people have strong set of values and ethics. They find happiness in helping others. They consider themselves lucky if they get an opportunity to help others.

7. The Scientist - Such individuals believe in careful and strategic planning. They are good observers who believe in constantly gathering information and upgrade their existing knowledge. Scientists are extremely intelligent people who have a very sharp analytical mind.

8. The Doer - Individuals with such a personality type are the ones who believe in quick actions and immediate results. They enjoy taking risks in life and fulfill tasks assigned to them in the shortest span possible.

9. The Guardian - Such individuals are perfectionists who ensure that everything everywhere is going on smoothly. They are mature individuals who have a clear set of standards.

10. The Performer - Performers strive hard to grab attention of others and love being the center of attention. They are fun loving individuals who enjoy fun and excitement in life.

11. The Inspirer - Inspirers are talented individuals and often act as a role model for others. They have great people skills.

12. The Giver - Individuals with "The Giver" personality type enjoy the company of others and do not prefer staying alone.

13. The Executive - Such individuals are born to lead and make very good leaders. They love taking charge and are good decision makers.

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