

# ENFJ: Extraverted, Intuitive, Feeling, Judging

## An Overview of the Giver (Mentor) Personality Type

People with ENFJ personality type are often described as warm, outgoing, loyal, and sensitive. Of all the personality types, the ENFJ is often perceived as being the strongest "people person." They can forge friendships with all personality types, even with more introverted or reticent individuals. Because of their ability to sense what others feel and affect how people behave, they do have the ability to influence and even manipulate others. This is balanced by their strong value system and desire to help others be the best they can be.

### Key ENFJ Characteristics

- ENFJs are strong extraverts and enjoy spending time with other people. Because of this, they are rarely lonely.
- ENFJs have great people skills and are often warm, affectionate, and supportive.
- ENFJs are great at encouraging others and derive personal satisfaction from helping others.
- ENFJs are not selfish and are often so interested in devoting their time to others that they can neglect their own needs.
- ENFJs also tend to be too hard on themselves, blaming themselves for when things go wrong and not giving themselves enough credit when things go right. Because of this, people with this personality type must regularly set aside time to attend to their needs.
- ENFJs are good at bringing consensus among diverse people. For this reason, they can be outstanding leaders and bring enthusiasm to a group that can be motivating and inspirational.

Some versions of the test distinguish between two different types of ENFJ: the ENFJ-A and the ENFJ-T. A represents assertive, whereas T represents turbulent. An ENFJ-A is more outgoing and likely to speak out about their feelings, while an ENFJ-T often holds on to emotions until things reach a breaking point.

One common myth about the protagonist personality is that they are always sociable. While they love people, they need time alone to assimilate and organize their thoughts.

### Strengths

- Outgoing and warm-hearted
- Empathetic
- Wide social circle
- Encouraging
- Organized
- Affectionate
- Persuasive

### Weaknesses

- Approval-seeking
- Overly sensitive
- Indecisive
- Self-sacrificing
- Rigid and uncompromising
- Overprotective
- Manipulative

### ENFJs You Might Know

- Abraham Maslow
- Barack Obama
- Bono

- Ben Affleck
- John Cusack
- Martin Luther King
- Oprah Winfrey
- Pope John Paul II
- Ronald Reagan

### **Career Paths**

ENFJs often do best in careers where they get to help other people and spend a great deal of time interacting with others. Because of their strong communication and organizational skills, ENFJs can make great leaders and managers.

They are good at organizing activities, helping each group member achieve their potential and resolving interpersonal conflicts. They strive to create harmony in all situations, and always seem to know what to do to ease tensions and minimize disagreements.

### **Popular ENFJ Careers**

- Accountant/Auditor
- Actor
- Artist
- Banker/Economist
- Consultant
- Counselor
- Diplomat
- Editor
- Events Coordinator
- Facilitator
- Human Resources manager
- Manager
- Musician
- Nurse
- Occupational Therapist
- Politician
- Project Manager
- Psychiatrist
- Psychologist
- Sales representative
- Senior Manager
- Social worker
- Teacher/Professor
- Trainer