

ESFJ: Extroverted, Sensing, Feeling, Judging

An Overview of the Caregiver (Supporter, Consul) Personality Type

People with an ESFJ personality type tend to be outgoing, loyal, organized, and tender-hearted. ESFJs gain energy from interacting with other people.

They are typically described as outgoing and gregarious. They have a way of encouraging other people to be their best and often have a hard time believing anything bad about the people they are close to.

Key ESFJ Characteristics

- Be sensitive to the needs and feelings of others
- Derive their value system from external sources, including the community at large, rather than from intrinsic, ethical, and moral guidelines
- Enjoy helping others
- Expect their kind and giving ways to be noticed and appreciated by others
- Get easily hurt by unkindness or indifference
- Have a need for approval
- Provide care for others
- Want to be liked by others

ESFJs raised with high values and standards tend to grow up to be generous adults. Conversely, those raised in a less generous environment may not be as naturally in tune with giving to others and be more focused on themselves.

ESFJs also have a strong desire to exert control over their environment. They feel in control of the world around them by organizing, planning, and scheduling.

Those with an ESFJ personality type are naturally geared toward understanding other people. They are careful observers of others and are adept at supporting and bringing out the best in people. Because they are so good at helping others feel good about themselves, people often feel drawn to ESFJs.

Although ESFJs are people pleasers, they are not pushovers.

Strengths

- Kind and loyal
- Outgoing
- Organized
- Practical and dependable
- Enjoy helping others
- Conscientious

Weaknesses

- Needy
- Approval-seeking
- Sensitive to criticism
- Dislike change
- Intolerant
- Controlling

ESFJs You Might Know

- Barbara Walters
- Danny Glover
- Hugh Jackman
- Jennifer Lopez
- Larry King

- Mariah Carey
- Penelope Cruz
- Prince William
- Sam Walton
- Sally Field
- Taylor Swift
- Tyra Banks

Career Paths

Because ESFJs enjoy helping others, they often do well in practical settings that involve taking a caregiver role. Social service and healthcare careers are two areas in which ESFJs may excel at applying their helping nature and desire for order.

ESFJs have many traits that make them ideally suited to certain careers. For example, their dependability and innate need to take care of others mean that they often do well in jobs that involve supporting and caring for people, such as nursing or teaching.

Popular ESFJ Careers

- Accountant
- Administrative Assistant
- Administrator
- Counselor
- Childcare
- Counseling
- Family Doctor
- Human Resources Manager
- Marketer
- Nursing
- Office manager
- Organization Leader
- Physician
- Receptionist
- Researcher
- Social worker
- Teacher
- Therapist
- Trainer