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Five Factor Model ("Big five")

The “Big Five” personality traits, also known as the Five Factor Model (FFM), is a widely accepted framework for studying and understanding human personality. These traits are commonly remembered by the acronym "**OCEAN**". Here's a deeper dive into each trait:

- **O**penness to Experience: This trait delves into your level of curiosity, creativity, and openness to novel experiences. Being open-minded, you might be inclined towards imaginative activities, exploring diverse perspectives, and appreciating different forms of art.

- **C**onscientiousness: This trait encapsulates your tendencies towards organisation, reliability, and discipline. It sheds light on how you approach tasks, whether in a structured, goal-oriented manner or with a spontaneous, adaptable attitude.

- **E**xtraversion: Your sociability, expressiveness, and the way you draw energy from social interactions are central to this trait. It speaks to how comfortable you are in group settings and your preference for either vibrant social interactions or more intimate, reserved engagements.

- **A**greeableness: This trait relates to your general attitude towards social harmony. It depicts how you engage with others, showing if you lean more towards cooperation, compassion, and amiability, or if you navigate social interactions with skepticism and competitiveness.

- **N**euroticism (Emotional Stability): This trait measures your emotional responses and resilience. It touches upon the range and intensity of emotions you experience and your general reactivity to stressors, be it with calmness or heightened sensitivity.

These traits are typically measured on continua, meaning that each trait represents a spectrum between two extremes, and you can fall anywhere along that spectrum. It's also worth noting that the Big Five doesn't capture the full complexity of human personality but is a useful model for understanding (workplace) behaviour or choices.

The Five Factor Model (FFM) or Big Five personality traits evolved over decades of cumulative research in personality psychology, starting with Gordon Allport and Henry Odbert's cataloging of thousands of trait-descriptive words from the dictionary in the 1930s. Raymond Cattell later used factor analysis on these traits, identifying 16 personality factors. However, by the 1970s and 1980s, researchers like Warren Norman, and later Paul Costa and Robert McCrae, consistently identified five broad factors through independent research, leading to the establishment and popularisation of the FFM. This model emerged as a collaborative effort, shaped by various researchers across the 20th century.

Interested in your profile? Example of the report you will get is included on the next page

Warm regards,

Tanya Deryglazova

Your coach

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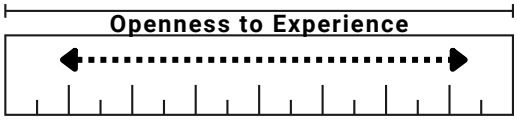
Big Five Personality Traits Report

The Big Five Personality Traits model, also known as the Five Factor Model, offers a comprehensive snapshot of your predominant personality characteristics.
There are not "good" or "bad" traits, they are understood as spectrums. Each end of the spectrum brings its unique strengths and challenges.

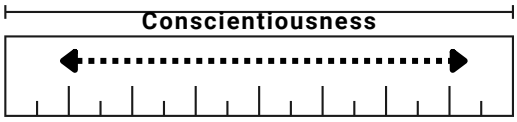
Routine-Oriented — **Openness to Experience** — **Openness to Experience**



You prefer familiar routines, traditions, and established methods. You feel more comfortable in well-known environments and might be more resistant to change. Your strengths lie in consistency, reliability, and a deep understanding of familiar areas.

You are generally curious, imaginative, and open to new experiences. You might enjoy traveling to unfamiliar places, trying out new cuisines, or exploring unique perspectives. You likely appreciate art, indulge in creative activities, and think abstractly.

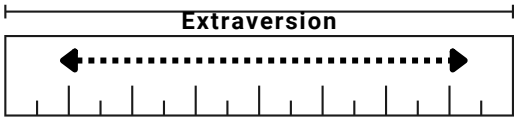
Flexible — **Conscientiousness** — **Disciplined**



You are adaptable, spontaneous, and relaxed about schedules and plans. You easily adjust to changing situations and might often find last-minute solutions. Your adaptability allows you to handle unpredictability with ease.

You're organized, dependable, and goal-oriented. You're adept at setting schedules and sticking to them. You prefer a structured environment where you can systematically work towards your objectives.

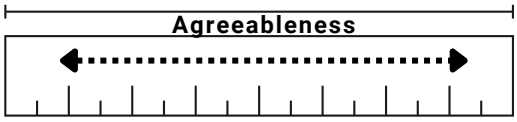
Intraversion — **Extraversion** — **Extraversion**



You are more reserved, reflective, and feel energised in solitary or one-on-one settings. You might prefer deep, meaningful conversations with close friends over large social gatherings and excel in tasks that require focus and deep thinking.

You are outgoing, social, and draw energy from interacting with others. You likely enjoy social gatherings, have a wide circle of acquaintances, and feel comfortable in group settings.

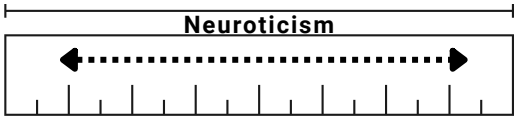
Competitive — **Agreeableness** — **Cooperative**



You're driven, ambitious, and enjoy challenges. You push yourself to achieve the best results and thrive in environments that are result-oriented.

You value harmony, are considerate of others, and seek mutual benefits in conflicts. You excel in team environments where collaboration is key.

Reactive — **Neuroticism** — **Emotionally Stable**



you experience a wide range of emotions more intensely. You might react more strongly to events, both positive and negative, making you passionate and deeply empathetic, but also more susceptible to stress.

You remain calm in stressful situations and generally have a consistent mood. You handle life's ups and downs with a balanced outlook.

[Comments to your scores]

NB:

- These descriptions provide a broad overview of each trait. Remember, everyone exists somewhere along the spectrum for each trait, and there's no inherently "right" or "wrong" place to be.
- By understanding where you stand on each of these spectrums, you gain valuable insights into your behaviour, choices, and interactions.