

3.2.1. EXERCISE WORKSHEET

INSTRUCTIONS: Review your Emergenetics Profile and Narrative Report.
If you have not yet downloaded the Emergenetics+ App, please do so.
(Search: Emergenetics+ in the App Store)

Please answer the following questions based on your Profile. Prepare to share your answers with your team.

What are **THREE notable characteristics** of your Emergenetics Profile?

For example: I am a Tri-modal so I need time to think;
I'm a 3rd/3rd Expressive, so I need time to talk through things and
I am a 2nd/3rd Assertive so my style and pace depends on the situation

1. _____

2. _____

3. _____

Share **TWO ways** that your Emergenetics Profile contributes to the team

For example: Because of my GREEN preference I make sure that processes are implemented and
My YELLOW preference helps me to identify new opportunities

1. _____

2. _____

What is **ONE thing** that you would like your teammates to keep in mind when they communicate and work with you to get the best results?

For example: Because I am a tri-modal, it may take me some time to make a final decision.

1. _____