



Your Highlands Ability Profile

Introvert-Extrovert

This worksample measures the amount and type of people interaction that is energizing and depleting and one's optimal way to think through ideas, problems and plans.

The following description can help you *understand* the types of work roles and career fields that often draw on a mid-range Introvert-Extrovert orientation, independent of all other dimensions measured by the HAB. It is not intended to suggest a specific job nor is it a comprehensive list of all the career fields in which mid-range Introvert-Extroverts are employed.

A person scoring in the mid-range on the Introvert-Extrovert continuum prefers academic or work environments that provide a balance or the flexibility to create a mix between solitude and interactions with others, for example:

1. A position in which one is teaching classes *and* tutoring one-on-one.
2. A counselor who teaches classes or supervises groups *and* writes or counsels individuals.
3. Academic work that may involve scholarly studies *with* teaching or tutoring.
4. Management in small or intermittent group settings.
5. Counseling or consulting or professional roles that may combine one-on-one and group interactions.
6. Behind the scenes business, political and professional activities that may involve both individual effort and group interaction.