

ESFP

ESFPs are a surprise & love a surprise



EXTRAVERTED SENSING FEELING PERCEIVING

In general, ESFPs are friendly, outgoing, fun loving, and naturally drawn to people. They are quite enthusiastic and exuberant and are usually well liked by others. They are good at meeting people and helping them enjoy themselves. They are sympathetic toward people and generous with their time and money. They want to be where the action is, and they will often stir things up in their own special way. At their best, they are able to realistically meet human and situational needs in a fun and lively way.

- ESFPs enjoy people and have a real zest for living
- They are playful and vivacious; they love surprises and finding ways of bringing delight and pleasure to others
- ESFPs are adaptable and easygoing; they are warm, friendly and generous
- They enthusiastically and cooperatively join in activities and games and are usually juggling several activities at once

Choosing a Major

- Tend to try alternatives and remain open to change
- Prefer a job dealing directly and flexibly with people
- Often found in health fields, sales, design, entertainment, transportation, or troubleshooting

Learning Style

- Can remember a great number of facts and events
- Prefer firsthand experience rather than books or lectures
- Usually do better in actual situations than on written tests
- May experience difficulty in classrooms because few college instructors are their type
- Learn and solve problems best through trial and error

Reading, Writing, Studying

- Prefer to study with others and with external stimulation
- May need to learn that test taking often requires trusting their hunches and reading between the lines
- Report they spend no time in non-required serious reading
- Write best by first talking out the facts they know
- Need to revise final drafts by making the language less conversational and shortening their paragraphs

Playing

- Like to engage in physical exercise and sports
- Roommates may find them fun, enthusiastic, and adaptable
- Report no trouble dating once a week or more
- Having fun is important

Possible Causes of Stress

- Bored by too much focus on theories in the classroom
- May be concerned about close relationships
- May socialize too much
- May jump into action before carefully evaluating options
- May neglect studies if they are having too much fun in campus activities

Dealing with Stress

- Natural openness and flexibility helps avoid stress
- Usually have a lot of friends to turn to
- Clever at adapting existing rules to get around roadblocks
- May need to study with others who can help them get organized and focused
- May need to learn to follow through

Work Related Strengths:

- Practical and realistic, with great common sense
- Enjoy active jobs, adapt well to change and variety
- Create a lively and fun atmosphere at work
- Good communicators - in person and on the phone
- Inspire affection from co-workers and clients

Work Related Weaknesses:

- May not plan ahead or anticipate implications of actions
- Tend to be impulsive and easily tempted or distracted
- May have difficulty working alone even for brief periods of time
- May have difficulty disciplining self and others
- May have trouble reading between the lines and seeing underlying meanings

CAREER SATISFACTION means doing work that:

1. Lets me learn from hands-on experience, where I can look for solutions to problems from gathering all the facts at my disposal and by using common sense
2. Lets me get personally involved in the tasks at hand, working directly with clients or customers, out in the field rather than away from the action
3. Lets me work with lots of other people in an active and social environment, with variety, fun, and spontaneity
4. Requires skillful handling of people and conflicts, the ability to ease tensions to help groups work more cooperatively, and the ability to motivate others
5. Lets me juggle multiple projects or activities, especially those that utilize my aesthetic taste and sense of design
6. Lets me interact throughout the workday with other easygoing and social people who share my enthusiasm, energy, and realistic point of view
7. Lets me work on projects that are of immediate utility and take into account the needs of people around me
8. Is done in a friendly and relaxed environment, without hidden political agendas
9. Rewards of hard work and good intentions, and where I feel appreciated for my Contributions
10. Lets me have fun, enjoy everyday surprises, and where there is a minimum of bureaucracy, rules, or restrictions

Popular Occupations for ESFPs

In listing occupations that are popular among ESFPs, it is important to note that there are successful people of all types in all occupations. However, the following are careers ESFPs may find particularly satisfying and some of the reasons why. This is by no means a comprehensive listing but is included to suggest possibilities you may not have previously considered. Although all of these occupations offer the potential for career satisfaction, the future demand for some careers is anticipated to be greater than for others.

Education/Social Service

Teacher: early childhood and elementary	Teacher: special education
Child-care provider	Teacher: art, drama, music
Substance abuse counselor	Athletic coach
Child welfare counselor	Home health social worker
Educational software developer	Teacher: physically, visually impaired

ESFPs often find careers in education satisfying, especially when working with young children. Elementary and pre-elementary grades sometimes are less formal and structured and offer plenty of opportunities for spontaneous learning experiences. ESFPs enjoy teaching basic skills and helping children get along with one another, a major emphasis in the early grades. They enjoy the activity, energy level, and variety of learning found in elementary school settings. ESFPs, usually active and physically skillful themselves, often enjoy athletics and athletic coaching. Playing sports, learning teamwork, and being active outdoors are enjoyable activities for ESFPs. They are enthusiastic, encouraging, and supportive coaches and teachers.

Health Care

Emergency room nurse	Dietitian/nutritionist
Social worker	Emergency medical technician (EMT)
Dog obedience trainer	Exercise physiologist
Medical assistant	Pharmacy technician
Dental assistant and hygienist	Radiological technician
Licensed practical nurse (LPN)	Respiratory therapist
Physical therapist	Veterinarian/veterinary technician
Primary care physician	Occupational therapist
Home health aide	Massage therapists
Optician/optometrist	Personal fitness trainer
Home care worker for the elderly	Hospice worker
Emergency room physician	Podiatrist
Speech and language pathologist	Pediatrician
Vocational rehabilitation counselor	Art therapist
Chiropractor	Registered nurse
Nursing instructor	Cardiology technologist
Transplant coordinator	

Health care and social work provide ESFPs with the opportunity to help others. These careers require the acquisition and then repeated use of skills. Most ESFPs enjoy working directly with other people and thrive on a varied and fast-paced workday. Emergency room nursing requires quick thinking and the ability to calm frightened people during a crisis. Many ESFPs love animals and enjoy working with them either in a medical setting or as trainers. The field of social work allows ESFPs to meet and work with many different people, helping them identify resources available to them. They establish rapport easily and find satisfaction from helping make life easier for someone else.

Entertainment/ "Action"

Travel agent/tour operator	Performer: dancer, comedian
Photographer	Promoter
Film producer	Special events coordinator
Musician	Painter/illustrator/sculptor
Costume/wardrobe specialist	News anchor
Character actor	Park naturalist
Flight instructor	Commercial helicopter pilot
Entertainment and sports agent	Forester
Television camera operator	Cartoonist and animator
Insurance fraud investigator	Fire investigator
Police officer	Wilderness adventure leader
Radio/television announcer	Sketch artist
Farmer	Carpenter

ESFPs enjoy entertaining others, in a formal capacity or informally with friends. They often have a strong sense of aesthetics and a good eye for the fresh and beautiful. Some ESFPs enjoy performance of their art; others simply want to be among other artists in the exciting and ever-changing world of entertainment. ESFPs enjoy travel and make good travel agents because they listen well to what their customers want in a vacation and work hard to find the right match. They are adept at juggling several projects at once, or elements of a project, and often find career satisfaction in special event coordination.

Business/Sales

Retail merchandiser/planner	Travel sales/broker
Public relations specialist	Insurance agent/broker (health or life)
Fund-raiser	Real estate agent
Labor relations mediator	Sports equipment sales/marketing
Receptionist	Retail sales/management
Merchandise planner	Home health care sales
Diversity manager: human resources	Team trainer
Manufacturer's service representative	

ESFPs do not generally enjoy the world of business, especially the corporate world. But those jobs that involve a high degree of interaction with others, and where there is a less structured schedule, can be enjoyable to ESFPs. They often enjoy real estate sales because they spend much of their time out of the office, working directly with a variety of people, showing all kinds of homes. They often enjoy public relations, fund-raising, and mediation, where they are able to use their naturally persuasive nature. These careers let them use their interpersonal skills and their ability to gather information. Many ESFPs are drawn to retail careers, especially when they are able to use their eye for fashion and flair for the dramatic.

Service

Flight attendant	Secretary/receptionist
Waiter/waitress	Host/hostess
Floral designer	Landscape architect
Chef and head cook	Interior designer
Recreational therapist	Aerobics instructor
Gamekeeper	Landscaper and grounds manager
Exhibit builder	Eco-tourism specialist
Professional photographer	Merchandise displayer
Silversmith	
Police/corrections officer (specialty in remedial training, rehabilitation, counseling)	

The service industry attracts ESFPs primarily because of the interpersonal contact and the ability to use acquired skills. ESFPs are often warm and friendly and have the ability to make others feel relaxed and at home. They enjoy the atmosphere present in many restaurants and clubs and are sociable and generous hosts. Their present-moment orientation makes them fun to be around, and it is said that the party often follows ESFP.

Science

Environmental scientist	Social conservationist
Zoologist	Marine biologist
Geologist	

Science careers allow ESFPs to utilize detailed practical knowledge about the people and animals with which they work. They often enjoy hands-on work and are good at trouble-shooting. They typically like jobs that allow them freedom to be active, where there is less structure, and where there are chances to interact with a variety of people. They report enjoying careers that allow them to serve/help/guide while leaving room for spontaneity.

Remember, these are only some areas that provide satisfying expression for the unique natural talents of the ESFP.