

Module 3 Check-In

I took the 16Personalities test and I was labelled ENFJ-A which means ‘Protagonist’ personality type. My results indicate that I am predominantly extraverted intuitive feeling judging 54% and assertive 51%. These results reveal a person whose strength lies in persuasive skills and relationship building and who enjoys engaging with people and speaking with conviction and empathy (16Personalities, 2026).

I feel that these results are exactly who I am. My strong desire to help individuals cope with emotional and psychological distress serves as the inspiration behind my keen interest in counseling psychology. I expressed my emotions repeatedly, rioted with my expectations on the problems of people around me but did not have a little bit remaining for me. According to Northouse (2021), self-awareness is an important component of leadership. My career goal will help me enforce healthy boundaries in a medical setting.

My results revealing me as an ENFJ strongly affirm my inner potentials of empathy and active listening and the ability to motivate my clients to change, which are all key strengths of a counselling psychologist. However, it showed a big weakness like sensitivity to criticism. Professional development is ongoing through clinical supervision and peer feedback in a counselling environment. Taking that feedback as a personal failure may hinder my counseling ability. There is a gap that I have within myself that I must be aware of. I believe Transformational Leadership would suit me best because I am extroverted, feeling, and organized. The objective of this strategy uplifting others to help bring about a change. It is also related to my wish to help clients overcome psychological barriers that prevent them from having a fulfilling life.

References

16Personalities. (2026). *ENFJ personality: Protagonist*. NERIS Analytics Limited.

<https://www.16personalities.com/profiles/enfj-a/o/2ucc9430a>

Northouse, P. G. (2021). *Leadership: Theory and practice* (9th ed.). SAGE Publications.