

Youth Report

Zackary

25 May 2021

Zackary

Welcome to C-me! Have you ever wondered why the way you approach things is different to the person next to you? Why a task that fills you with excitement can be de-energising for someone else?

You are utterly unique and that is a wonderful thing. There are nearly 8 billion other people on the planet and none of them have the same fingerprint as you. This is still true if you happen to be an identical twin!

Your individuality plays out in unique behaviours which impact those around you. We hope your profile will help you to understand yourself and other people better.

Enjoy!

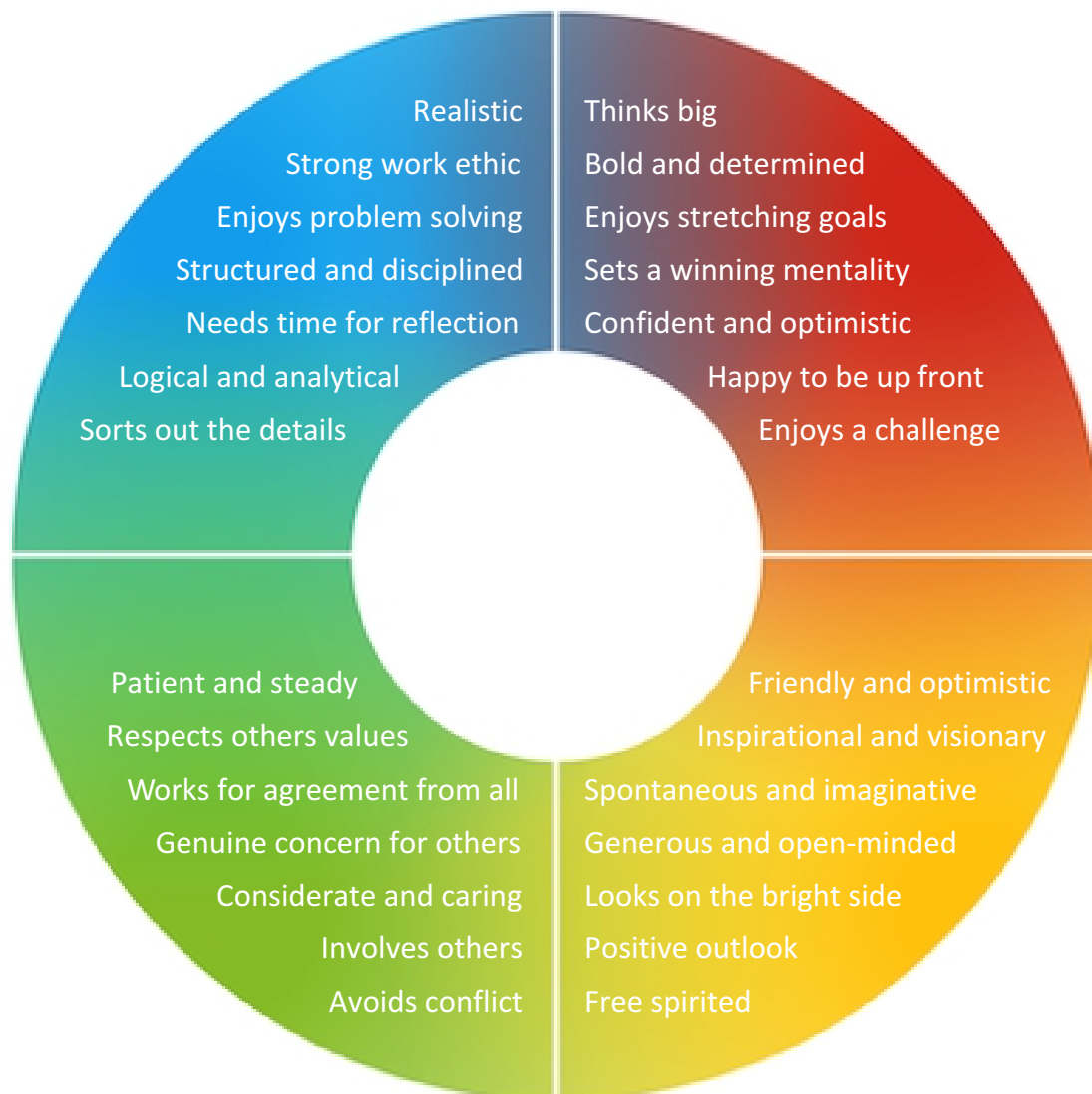


Zackary

Thank you for filling out the questionnaire. Here is your C-me profile based on the way you answered the questions.

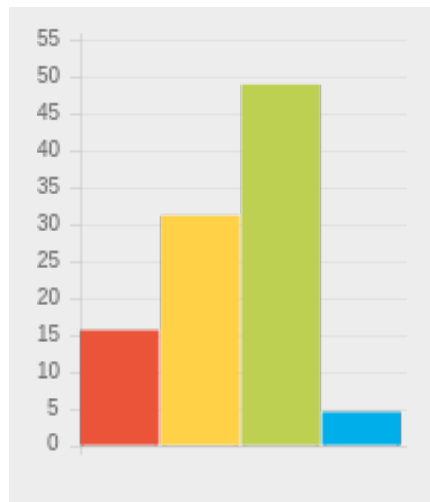
C-me helps you to understand your own preferred way of doing things and why other people might do things differently. It helps you discover how to get the best from yourself and other people, using the language of colour to show different styles of behaviour. Using C-me, you can improve the way you communicate, have better relationships and excel at what comes naturally.

General Characteristics of the C-me Colours



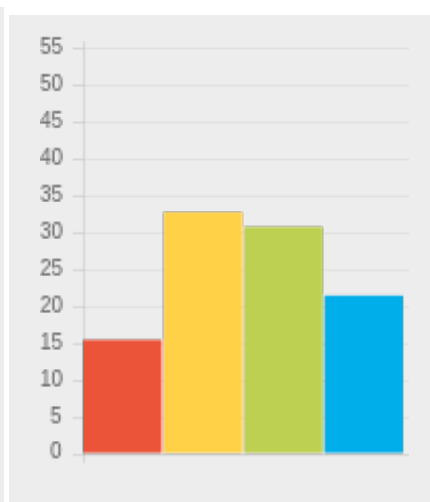
Zackary

These graphs show your personal preference combination based on how you answered the questionnaire.



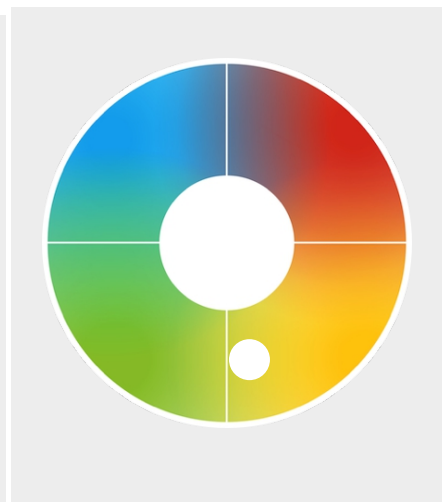
Natural Behaviour

These are your less conscious preferences. They are likely to be less filtered and more instinctive.



Adapted Behaviour

These are your more conscious preferences. They are likely to reflect your modified behaviours.



Wheel Position

This is a summary of your colour combination and is a helpful visual for preference comparison.

Overview

This section provides a broad outline of your preferred ways of doing things.

Zackary has a natural talent for complimenting others and making them feel good. His warmth and friendliness with those around him helps create a good working atmosphere. Good working relationships are important to him and well worth the time he puts into them. People with problems may attract his attention; he is keen to help. He can be a popular member of the team to those who like the energy and fun he brings. Zackary will praise and encourage others, occasionally more than they deserve. He likes to approve, praise and encourage others and often feels he can get people to co-operate with him by doing so. Others may occasionally try to take advantage of his trusting nature. Because he is friendly and gently persuasive he can be a real benefit when social skills are needed. Each team member is able to share their point completely; he is a good listener and will give them the time they need. An environment where people are at ease and support each other is likely to be preferred to one that is competitive and driven.

Zackary sees himself as a generous and trusting friend. He values his team mates and likes to think of them as friends. He can easily engage with people one to one and make real connections with his supportive style. Praise comes freely and carries the risk that others may feel he has gone over the top. At times his emotions may be close to the surface; you may see his pain if he is suffering. Some really good feedback and points for improvement may need to be explained carefully because he sometimes takes things personally. He has an understated enthusiasm for his work and enjoys a team environment. Although quick to praise, he may be slow to criticise or even hide his true feelings if he disagrees. Zackary is trusting, open and values others asking his opinions. He is normally thought of as easy going by his friends and comes across as flexible and open-minded. Sometimes saying no to people asking for help may allow him to focus more on his own priorities.

Zackary



Strengths

Key strengths someone with your colour preference may have.

- Approachable and affectionate
- Defuses antagonism, promotes friendship
- Non-judgemental
- Open and sympathetic
- Non-critical and easygoing
- Dedicated to the team
- Sociable and caring
- Personable and friendly



Communication

Communication preferences, do:

- Involve him at every stage
- Add emotion
- Give him safe options
- Soften your voice and your tone
- Use more emotional language
- Be open to different perspectives
- Make direct eye contact
- Get the rest of his team involved



Areas for Development

Possible challenges to be aware of and areas you may like to work on:

- Has difficulty giving direct criticism
- Will always try not to offend
- Concerned about hurting people's feelings
- Still discussing well past the time to decide
- Can let concern for team members' feelings delay progress
- Prefers informal ways of working
- May be easily put off by forceful people
- May place too much trust in a friend's ability



Team Contribution

The strongest value you bring to a team may be in these areas:

- Helps the team bond
- Works hard to avoid conflict
- Commits to the team and to the team members
- Goes out of his way to help others
- Encourages everyone to contribute
- Nurtures the team spirit
- Aims to reach an answer with the whole team agreeing
- Helps and defends those who are struggling

Managing Stress

We all have good days and bad days. Different situations and people can often trigger stress in us. Being aware of what these things are can help us avoid them but also become better equipped to take action when signs of stress appear.

Signs of stress:

Not knowing where to start
Impatience and negativity
Withdraws/becomes distant

Action:

Give them time and space
Avoid interrupting them
Answer questions fully

Signs of stress:

Gives up
Rushed decision making
Frustration

Action:

Avoid copying their behaviour
Help them to prioritise
Give them clear options

Signs of stress:

Going quiet and becoming disconnected
Increased worrying
Feeling overwhelmed

Action:

Ask what support they most need
Help them explain their issues clearly
Listen to them (don't try to fix it)

Signs of stress:

Not being able to say 'no'
Becoming distracted
Negativity and working chaotically

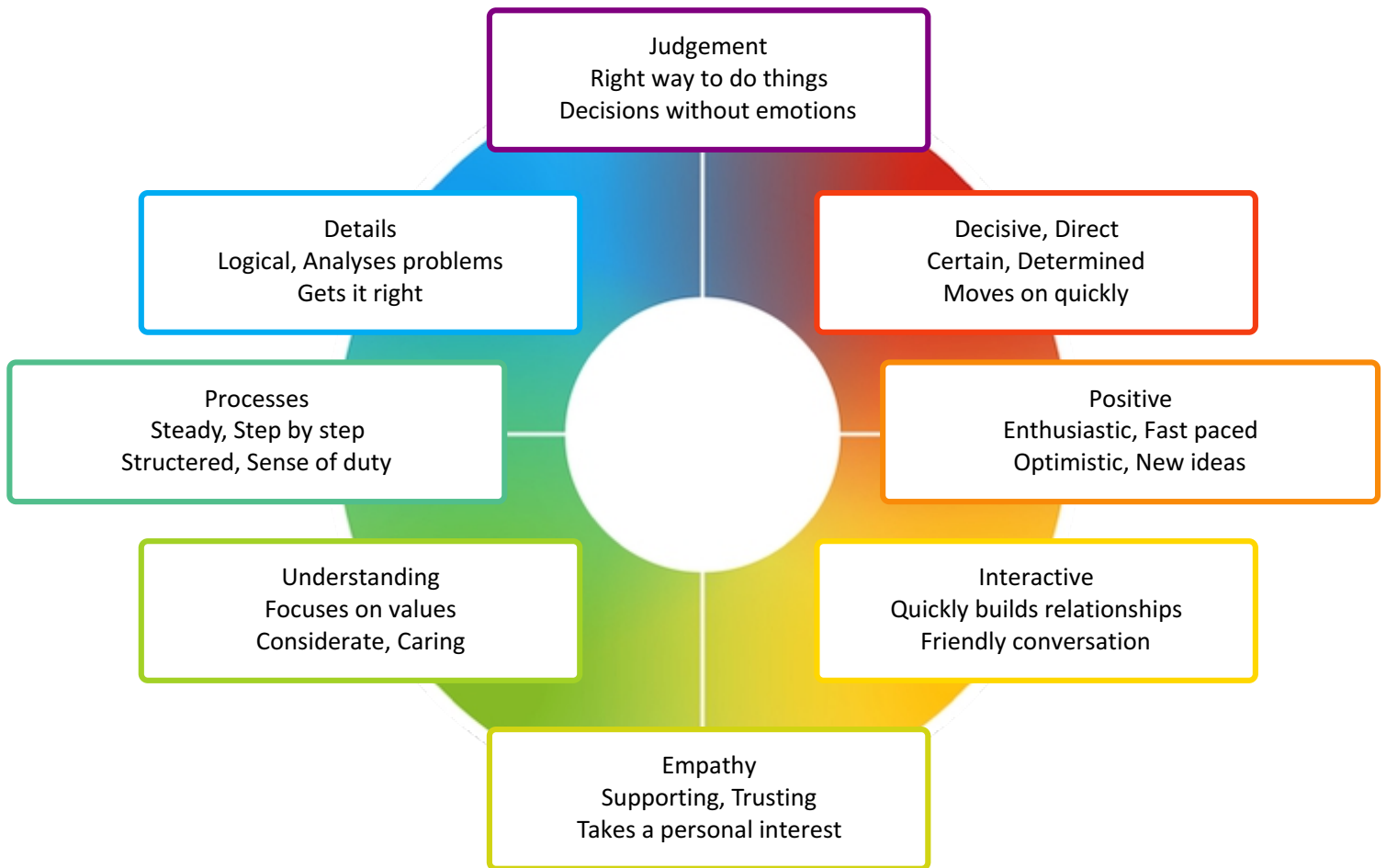
Action:

Listen to them and involve them
Affirm and encourage them
Help them focus on fewer tasks

1. Try and identify one sign of stress from the boxes above that you most notice in your own life. Can you summarise a recent situation when you became aware of stress appearing?
2. What impact did this have on:
 - a) Your emotions?
 - b) Your behaviours?
 - c) Those around you?
3. Which action listed above would most help you next time this sign of stress appears?
4. What positive difference would it make in your life if you consistently managed to do this?

Excel at what you do naturally...

Different situations require different skills. Those skills that are matched to your personal colour combination are more likely to draw on your natural strengths. Firstly, look at the wheel below, which shows skills often linked with each colour preference. Then compare it to your graphs and wheel position on Page 4 of this report and think about which skills you find come most naturally to you.



Action Plan

1. Ask one person you trust to read your profile and give feedback on:

Two things they think are very true of you

-
-

Two things they have questions about

-
-

2. Then take some time to think about...

What would be useful to **start** doing?

-
-

What would be useful to **stop** doing?

-
-