

INFP - Mediator Personality

Introduction

INFP personality traits stand for introverted, intuitive, feeling, and prospecting. These personality types tend to be quiet, open-minded, and imaginative, and they apply a caring and creative approach to everything they do.

Mediators have vibrant and passionate inner lives because they are creative and imaginative, thus leading them to lose themselves in daydreams, inventing all sorts of stories and conversations in their minds. Mediators can have profound emotional responses to music, art, nature, and the people around them.

Empathy is most likely their greatest gift, but it can be a liability. The troubles they face weigh heavily on their heart, and can be vulnerable to internalizing other people's negative moods or mindsets.

Mediators hate pretending to be someone they aren't. They are committed to authenticity and crave opportunities for creative self-expression. Many famous Mediators are poets, writers, actors, and artists such as: J.R.R. Tolkien, William Shakespeare, and Alicia Keys.

Strengths

- Empathetic
- Generous
- Open-minded
- Creative
- Passionate
- Idealistic

Weaknesses

- Unrealistic
- Self- Isolating
- Unfocused
- Vulnerable
- People Pleaser
- Self-Critical

Workplace Habits

As employees, Mediators tend to be loyal, upbeat, and considerate. They pride themselves on being honest and doing the right thing in all circumstances. From their bosses to their customers, they feel gratified by pleasing others. Thinking up ways to help others is what drives them. This being said, being praised and positive feedback can make them light up while criticism can shut them down. When faced with punishing expectations or a highly negative boss, they may find it hard to get things done. Distractions is a recipe for a seriously stressed out Mediator.

Mediator employees enjoy having freedom and latitude. Their creativity and insight enable them to shake up old, ineffective ways of doing things – as long as they're given the chance to speak up and make changes. That said, they tend to benefit from deadlines and clear expectations to keep them on track. Otherwise, people with this personality type might get caught up in procrastination, bouncing from one idea to another rather than settling down and crossing tasks off their to-do list.

