

RESOURCES

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PERSONALITY TYPE TOOLS

- Big Five Personality Traits: The OCEAN Model Explained <u>https://positivepsychologyprogram.com/big-five-personality-theory/</u>
- DiSC® Personality Types https://www.discprofiles.com/blog/2017/03/disc-personality-types/
- Myers Briggs Type Idicator Basics <u>https://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/</u> – 16 Personalities (Myers-Briggs-based model) – <u>https://www.16personalities.com/</u>

Federal Occupational <u>Health</u>