

PERSONALITY DEVELOPMENT

Real development does not begin with fixing weaknesses. It begins with self-awareness.

People differ – in talents, strengths, weaknesses and interests. Our personality shapes what interests us, how we approach things, and with whom we feel comfortable. In a career context, it is a key factor in achieving the right fit. Yet many find it difficult to truly accept their nature – especially when it comes to weaknesses. Those who understand both their strengths and their limitations can develop in a more targeted way.

Personality development does not mean eliminating weaknesses – but using strengths more consciously and avoiding their excesses. Every strength has a shadow side: those who value harmony highly may become conflict-averse under pressure. Development here means learning to confront issues – without losing the ability to create balance. In this way, the range of behaviours expands.

Personality development makes soft skills effective – just as training does for hard skills.

Articles on personality development (all articles)

- Kintsugi – a model for dealing with fractures in life
- Surrounded by idiots