

QUICK REFERENCE GUIDE







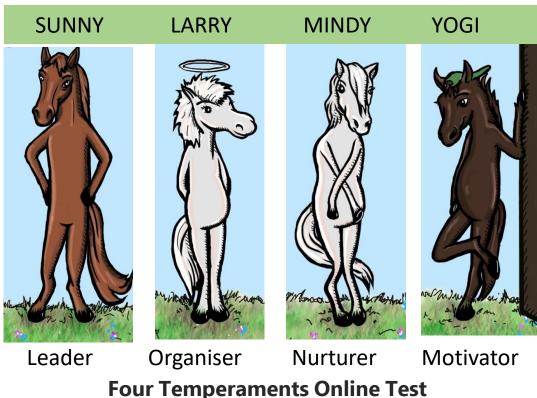




How can I tell which Horse or Pony I am? **Knowledge is Power** The FOUR Personality Types

The Four Horse Personality Types identified by Sue Spence (in her Horses Helping Humans Program) align perfectly with the Four Temperaments Model of Human Behaviour which was first introduced by Hippocrates 400yrs before Christ.

Understanding our personality type gives us a clear view of our talents and values Once we learn the meaning of cues from other peoples body language we can truly understand our reactions to them and slightly alter our reaction so that we communicate in the language they understand, and we can work with people different from ourselves.



Four Temperaments Online Test

Interactive personality measuring the big five personality traits.

https://openpsychometrics.org/tests/O4TS/

We each have a dominant personality type, (as well as various traits from the other types). There is no one personality type which is better than any other – they all have equal (but different) traits.

However, it's the knowledge of all the types / modes of behaviour, which informs us with real understanding to truly value other types. Even though it seems like they are speaking a different language.

Learning about all the types, is the same as learning to communicate with people in their native language, and both parties understanding each other perfectly. Just as making the effort to learn a foreigners language makes them feel valued and appreciated – so too are all the personalities we interact with every day.

SUNNY: Take hands off hips and hook thumbs into the back pockets Breathe Out relax that Belly Smile and engage before asking anyone to do anything

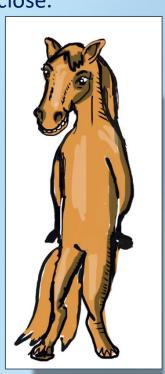
Sunny Cholerics, remember to breathe out before you enter a room and to breathe out between your sentences.

Your strength is in your softness.

TIPS For Sunnys

Never underestimate how much humans can feel the tension you hold when you have reactive emotions running. So breathe it all out and relax that belly as soon as you start to get reactive! If you struggle with frustration and anger rises quickly, be very conscious of breathing out completely before you ask anyone to do anything. If you don't all that energy will come across as a "TELL" and doors of communication will quickly close.

More sensitive anxious personalities will shut down, as they will feel intimidated. Be vey conscious also that you don't have "Agenda "energy, relax your whole body, even your feet (as they will stride your agenda into the room and set off reactions). Imagine changing yourself from a Karate instructor to a Tai Chi instructor! Doors of communication open so much more when you realise that your strength lies within your ability to be soft, as soft calmness is something everyone respects.



YOGI: Breathe Out and be still
Thumbs in Back Pockets not on Hips
Concentrate Laser Eyes

Smile and engage



Yogi Sanguine, also breathe out between your sentences and focus on standing still when you are speaking things of importance.

Your strength is in your stillness TIPS for Yogi's

When its hard to focus, if you imagine you have laser beams coming out of your eyes like torch beams shining onto what you have to apply yourself to, or where you need to walk to, it helps to turn on the focused part of your brain, as when your eyes have less movement so does your brain!

You will feel calmer and teamed with your belly breathing, you appear much more calm and focused. Breath slow, talk slow, move slow when you start to feel energy building up and you're having trouble concentrating on something you need to do.



LARRY: Breathe Out with Belly Smile and engage

Larry Phlegmatic, focus on keeping your shoulders completely relaxed so at no time will you look defensive.

Your strength is your calm, consistent energy

TIPS for Larry's

Larry represents personalities that are more laid back, are great at organising and are really helpful to other personalities.

They like to do things well so may at times overthink how they are producing their work and sometimes they are trying so hard to get everything perfect, . their body language can tense up to the degree that it closes off the flow of productivity.

The best thing to do is just relax as you do your best.



MINDY:

Breathe Out with Belly

Shiny Belt Buckle Sell those Shoes

Mindy Melancholic, be conscious especially when you are peaking to extroverts, that displaying the strong on the bottom confident in the middle and soft on your top so your words will be heard!

Your strength is your soft energy with strong body language

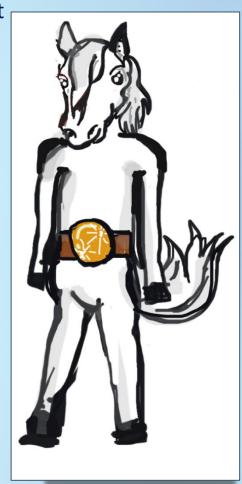
TIPS For Mindys

You tend to get more anxious when working with people, so its important that you also remember to breathe out completely. Nervous energy is uncomfortable for others also.

Make your body wider by standing with feet shoulder width apart and not locking your arms into your sides. The Wonder Woman or Super Hero stance!

Closing your body language down (as well as making you look not confident) will also make you feel less confident. Its amazing the difference in how you feel once you have adjusted your body language.

As the power pose increases testosterone. If you have a problem saying NO using this same open body language helps immensely. You now look more decisive and it reduces the risk of a disrespectful person thinking they can wear you down to say Yes.



Thank You