








## Energy Patterns

**5 Dynamics** 

People • Teams • Energy • Effectiveness

### STRENGTH PATTERNS BETWEEN TWO HIGH ENERGIES

	<b>Exploring-Examining:</b> This pattern prefers to think more than act, but moves very easily between two ways of thinking: flexible/creative vs. orderly/rational. Such people spend deceptively large amounts of energy quietly working things through in their heads. People with this pattern are quiet, gentle, and “thoughtful” in both senses of the word.
	<b>Exciting-Executing:</b> Very action-oriented, almost hyperactive. This pattern is constantly busy doing <i>something</i> - talking or doing. People with this pattern appear to be highly empowered in almost everything they attempt. They give the appearance of being highly effective in action because they tend to respond quickly as they think.
	<b>Exploring-Exciting:</b> Flexible ways of thinking (intuition, empathy, integration, service, and risk) are their keys to action. People with this combination are noted for being creative, artistic and trend-setting futuristic thinkers. Planning, logic, and sequencing are not usually part of their instinctive everyday repertoire. They are energized by the interplay between ideas and people.
	<b>Examining-Executing:</b> People with this energy-focus pattern can plan and act with equal ease. However, they do so by using more of the order-based ways of thinking (logical, linear, detailed, punctual and verbal) rather than the more flexible approaches. They have a high need for control. They are energized by the interplay between data and results.
	<b>Exciting-Examining:</b> They may be very detailed, sequential and focused. Just as easily, they unknowingly switch to fun-loving, spontaneous, and flexible. This person is at ease in both seemingly opposing modes. No other pattern moves between opposites this way, and it is difficult to predict which energy-focus you will see.
	<b>Exploring-Executing:</b> Individuals with this combination are independent and entrepreneurial. They are usually workaholics who see the Big Picture and actively pursue what they want. This is the most intense of all the combinations. They often follow goals without first inviting other people along, and do not naturally create a detailed plan. Burn-out is a risk.

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## Energy Patterns (Text Version)

The following are strength patterns between two high energies.

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