Shauna Froelich, JD: Instruction Manual

Insights	Attributes, Traits & Experiences	So What?
I'm an extrovert. ("E" on the	I love parties, intense	I enjoy interacting with people
Myers-Briggs scale.)	conversations, and meeting	throughout the day.
	new people.	You can contact me anytime.
I'm a feeler. ("F" on the Myers-	I am sensitive, passionate about	I place great importance on
Briggs scale.)	life and have high energy.	relationships.
	I am known to have an	I want to encourage and
	effervescent personality.	appreciate students in my class.
I read a lot.	I recently finished Manchester's	I appreciate new insights,
	autobiography on Winston	history and clever papers.
	Churchill.	
I'm married, have four kids and	Relationships are important.	I understand life disruptions.
a dog.	Life is busy and chaotic.	I love date nights – libations and
		delicious food.
I graduated from college in 3	I am a type A personality. I love	I set high standards and expect
years.	a challenge and competition.	students to work hard.
I enjoy the beach, water sports	I love swimming, sailing, water	I love the water and the
and exercise.	skiing, kayaking, paddle-	outdoors.
	boarding and working out.	I enjoy physical recreation.
I enjoy oil painting.	I love listening to music and	I feel alive and express myself
	painting with bright colors.	with vibrant color.
I am a Bear/Wolf. (Animal	I work best alone.	I work best at a computer or in
Leadership Personality Test)	I love socially interacting in a	a closed office.
	pack.	I love parties and social
		opportunities.
My Strength Finders Themes:	Activator – I am fast paced.	I can be impatient.
Activator, Connectedness,	Connectedness – I have a strong	I enjoy spiritual discussions and
Input, Positivity and Woo. (Now	faith.	studying the Bible.
Discover Your Strengths).	Input – I collect information.	I enjoy learning.
	Positivity – I praise and am light	I am passionate and hopeful.
	hearted.	There are no strangers in this
	Woo – I am energized by new	world, just new people to meet.
	people.	