

THE BUZZ

New Edition

A practical confidence builder for teenagers

David Hodgson



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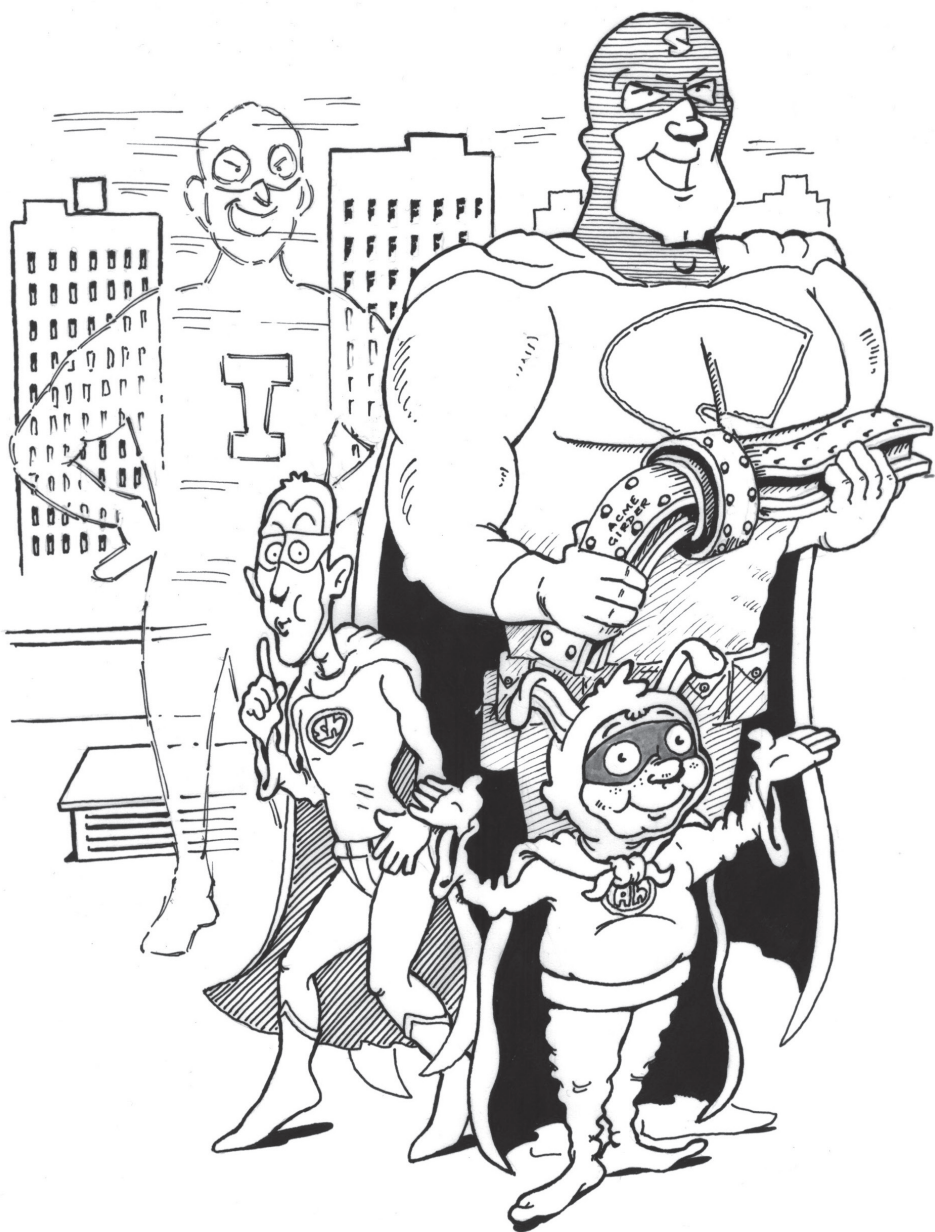
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Section One

Make Your Personality Buzz



Section One

Make Your Personality Buzz

What kind of personality do you have?

In this section, we'll explore type theory to help uncover some of your natural strengths.

Be a superhero

If you could be a superhero, what would your special power be?

Invisible? Amazingly strong?

Think of what you're good at now and exaggerate these qualities.

When I was young, I was cute and quiet. So perhaps my superhero qualities would be Mr Shh (so quiet that he could be invisible) or Mr Ah (so cute that evil villains would trust him, allowing him to foil their dastardly plans).

So who could you be?

Most people struggle to say what they're good at because they are either too modest or they really don't know.

Can you choose three positive words that sum up your personality?

Which of the words under 'Personality buzzwords' on Page 4 best describe you? Will they match those in your personality profile?

Personality direction

Which way are you facing?

Many studies have revealed five big chunks of personality. For each of these, we can face one way or the other. We can breathe in or breathe out. Both part of the same thing but opposite directions. In personality, we can point each way: sometimes we're quiet; at other times we may be very chatty. But mostly we face one way – our preference. When we have a choice of doing something two ways, we always seem to pick one and stick with it. This is why, when we put our pants on in the morning, we always put the same leg in first! Adding up our preferences can reveal a lot about our personality and behaviour. We can also explore ways to develop and use the best of all ten. Most people use five out of the ten. With *The Buzz*, you can go for ten out of ten.

Ask a friend if they agree. What will they like best about you?

Next, look at the five chunks of personality from Pages 12 to 28.

Remember, there are no right or wrong answers. Just choose your preference.

Personality buzzwords

Tick the words that match your personality. Ask a friend if they agree. What will they like best about you?

Achiever

Someone who gets things done even when things get tough.

Analytical

Works things out carefully, paying attention to detail and facts.

Caring

Will look after other people or animals.

Determined

Stick up for themselves, their friends and their beliefs until things are sorted out.

Enthusiastic

Get excited about things and get other people excited too.

Flexible

Willing to try new things and not scared to learn from experience.

Friendly

Make other people feel good and relaxed.

Funny

A good sense of humour, fun to be with.

Generous

Share their time, money and thoughts without expecting something in return.

Imaginative

Come up with good ideas and new ways to do things.

Independent

Make decisions on their own, don't just follow the crowd.

Organised

Plan their time carefully so they can get more done and worry less.

Loyal

Stay friends through good times and bad.

Modest

Doesn't show off or brag about their successes.

Practical

Get things done, don't just talk about it.

Reliable

Do what they say they will; someone you can trust.



Tip:

These can be great words to use in your CV.

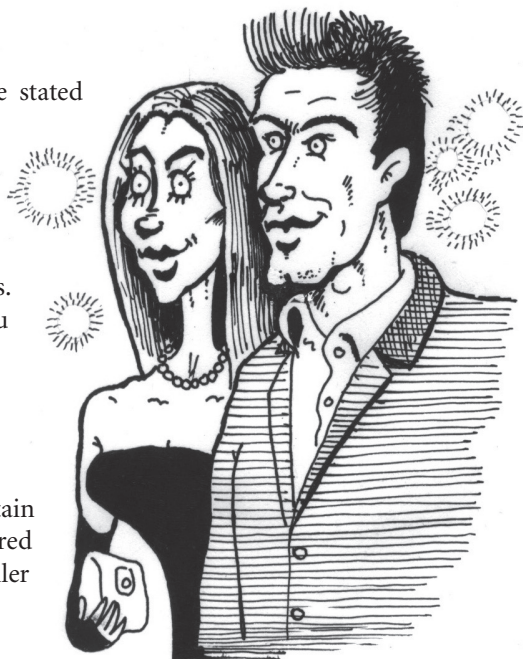
Can you guess which one of these famous people has the same personality as you?

Victoria Beckham

When she was younger, she is said to have stated that her ambition was to become a brand as famous as Nike or Daz. She has certainly achieved this goal by using her knowledge of how the media and business work to full effect. She is determined, confident and hardworking to make the most of her talents. An achiever who gets things done. Do you share these qualities?

David Beckham

Famous footballer and former England captain who is naturally talented but is also prepared to practise long hours to be the best footballer



he can be. Quiet, friendly, down-to-earth, organised, determined, reliable, caring and hardworking. Do you share these qualities?

Bridget Jones



Famous from the *Bridget Jones's Diary* book and film series. Usually says what she's thinking; resulting in embarrassment. She gets away with it because she is fun-loving, enthusiastic, generous and caring. A bit disorganised, but her heart is in the right place. Do you share these qualities?

JK Rowling

She used her vivid imagination to create a rich array of characters and plot twists in her series of *Harry Potter* novels. Many people use their creativity to become successful. Do you share this quality?

Will Smith

The talented actor and musician has combined his energy, creativity, warmth, generosity and hardworking approach to remain successful throughout his life. Do you share these qualities?

Richard Branson

One of the most famous and successful British entrepreneurs around. Sociable, visionary, objective and decisive. He is happy to learn from his mistakes, though his analytical mind ensures many a success. Has a go for it/let's-do-it attitude that spreads to those around him. Do you share these qualities?

Bob Geldof

In-your-face musician and campaigner. Will generally say what he believes is true even if it upsets some people. Uses determination, creativity and oral skills to seek out solutions to complex problems. An independent, flexible and analytical mind. Do you share these qualities?

Anne Frank

The bravery and determination demonstrated as she hid from the Nazis has inspired generations. Days before she died she said, 'It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart.' Do you share these qualities?

Gary Lineker

Mr nice guy. The only professional footballer never to be booked. Popular, friendly, reliable, practical and organised. Likes others to be the same. Usually looks for the best in people. This type of personality tends to be happiest when providing for people, friends or family. Do you share these qualities?

Jeremy Clarkson



TV presenter, writer and lover of fast machines. Will generally offer his opinion even if it is not a popular one! Often has funny and original ideas. Assertive, adventurous, fearless, independent and busy. Do you share these qualities?

Delia Smith

One of the first celebrity chefs and still selling cookbooks by the millions. Also, chair of Norwich City Football Club. Personality strengths include being responsible, focused, quietly determined, realistic, practical, objective, organised and a careful planner. Do you share these qualities?

Shrek

Computer-generated hero of the films named after him. Remember, sharing his personality does not mean you look like him! He is quiet, determined, independent, adaptable and

practical, and enjoys his own space and company. Will stand up for what he believes in. Do you share these qualities?

Cinderella

Fairy-tale character with an interesting personality. Quiet, imaginative, caring, devoted and hardworking. Qualities that were exploited by her stepmother and sisters, but ultimately helped her find her true love. Let's hope he treated her a bit better once they were married! Anyway, do you share these qualities?

Lady Gaga

The controversial singer is as effective at self-promotion as she is at selling records. Some people enjoy creating and playing characters in their work. Her commitment to her fans and her willingness to take risks is also fundamental to her success. Do you share these qualities?

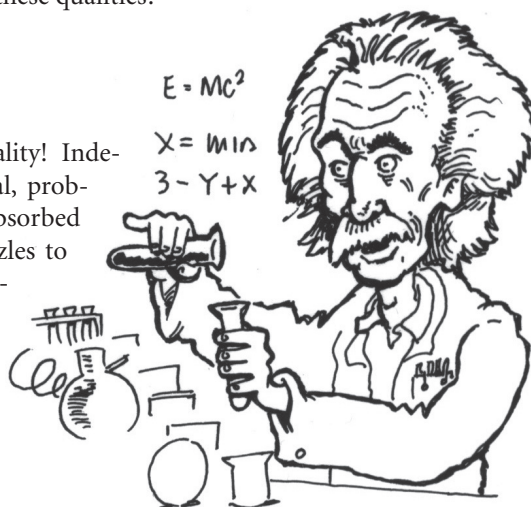
Jodie Foster

Actress famous for her attention to detail, determination and immersing herself fully into her work, as revealed in the following quote: 'I always play strong women [...] I'm not sure I know how to play weak.' Do you share these qualities?

Albert Einstein

Classic mad-professor type of personality! Independent, curious, imaginative, analytical, problem solver. Can 'live in his own head', so absorbed in thinking through problems and puzzles to be solved. Interested in inventing or creating new solutions. Do you share these qualities?

Were you right? Work out your own personality using Pages 12–28, then read your description, see Page 29.



Advice for teens and dedicated website

The Buzz is an exciting collection of interactive techniques blending the richness and energy of NLP and personality type theory to inform and motivate you to make positive life choices.

Designed to inspire and educate, information and advice is available in a number of different ways other than the traditional book format ...

... a dedicated website www.thebuzzbook.co.uk features free resources including:

- 'Ask the Buzz' and online advice service for teens ...
- excerpts from the book
- MP3 downloads
- personality tests

An additional resource is also available for purchase



The Buzz audiobook ISBN 978-184590043-4

Order from www.thebuzzbook.co.uk



David Hodgson is a Master Practitioner and Trainer of NLP, has the British Psychological Society Level A and B, a Diploma in Careers Guidance and a Diploma in Management. He is a Training Consultant, based in the North East, who works with young people and those who work with them on motivation, goal setting, learning and revision skills and employability.

To book David as a speaker email buzz@crowhouse.co.uk

If you are considering higher education or wondering what future career would suit you ...

THE BUZZ is packed with techniques and advice to point you in the right direction.

"The Buzz is a wonderful positive influence and we love to use it."

Lorna Bowling, Student Recruitment and Admissions, The University of York

"David is a natural at talking to teens in their own language and on their own terms."

Dr William Rupp, Learning and Development Adviser, The University of Warwick

"The Buzz is a fun and accessible way for students to relate their personality type to their preferred learning styles and identify areas for skills development that will allow them to achieve success."

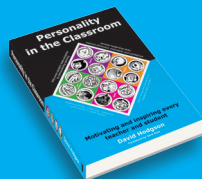
Tanya Harrison, Assistant Project Manager, Realising Opportunities

By blending NLP and personality type theory, David Hodgson helps people understand themselves, how they learn and what motivates them in order to discover their potential and what they really want from life.

Also available



The Buzz – Audiobook
A practical confidence
builder for teenagers
ISBN 978-184590043-4



Personality in the Classroom
Motivating and inspiring every
teacher and student
ISBN 978-184590741-9

... a dedicated website www.thebuzzbook.co.uk features:

- free MP3 downloads as well as ...
- 'Ask the Buzz' – an online advice service for teens



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