

New Lunch N' Learn Series On Dealing With Toxic Results Oriented People Launched

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Meredith Gardner, Ph.D., founder of The Strategic Edge in New York City, has announced an upcoming Lunch N' Learn event. The event will focus on how to deal with toxic results-oriented people, who tend to be role models who inspire others. Those interested in joining can get more information at www.strategic-edge.com.

Gardner says that the event will teach people how to deal with people who are attractive, charming, energetic, self-assured, and competent but can also be toxic. She states that these types of people are typically ambitious and competitive and can also be status-conscious and highly driven toward advancement. They are normally workaholics and fear failure and humiliation. The negative side is that they tend to try to inflate their performance to impress others and are delusional at times and jealous of others.

Other traits of the said personality include pushiness and the fact that they do most of their required work themselves because they feel it will get done faster that way. Gardner says that these personality types may cut corners to save time and are often opportunistic and exploitative, going as far as to be covetous of the success of others and willing to do anything to preserve the illusion of their superiority.

"I was doing Executive Coaching with an executive," relates Gardner. "He told me his story which typifies the dysfunction of this type. He had a plan to save \$10 million for the bank where he worked. I told him what a great idea I thought he had. Then he said, 'I'm not going to implement it because the Chairman of the Board won't give me a dinner in my honor'."

Gardner says that this is typical behavior for this personality type, and that they can be devious and deceptive so that their mistakes and wrongdoings will not be exposed. They tend to maliciously betray or sabotage people to seem head and shoulders above others. Examples of this personality type include Bill Clinton, Prince William, Cindy Crawford, O.J. Simpson, Madonna, Arnold Schwarzenegger, Muhammad Ali, and Whitney Houston. Other examples of this and other personality types can be seen at www.strategic-cio-solutions.com.

"In another example," says Gardner, "a woman far exceeded her quota, yet, she was fired. Her supervisor and the people on the team did not like her. She was pushy, had poor delegation skills, and would rather do the work herself to save time. When people did complete the job, she was most demeaning and not at all appreciative of the work done. Needless to say, she was quite shocked to get fired. People were relieved she got the boot. No one really knew the real reason she got fired. I guess higher ups made something up and they got away with the firing, but it was all because of her personality type."

Meredith Gardner, Ph.D. is a Certified Trainer with Enneagram Teachers in the Narrative Tradition and is able to accurately evaluate the descriptions of what people say about personality/behavioral characteristics. The Enneagram Professional Training Program (EPTP) was created by Helen Palmer and David Daniels, MD, in 1988 to train and certify Enneagram Teachers in the Narrative Tradition. During the past 25 years, more than 3,000 participants have attended the EPTP in 17 countries, and more than 1000 have become Certified Enneagram Teachers. More on Gardner's accomplishments and credentials can be seen on her LinkedIn page at www.linkedin.com/in/meredithgardnerphd.

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The Strategic Edge

The Strategic Edge is an Interpersonal Communication Company. Meredith Gardner, Ph.D., is a noted behavioral psychologist, author, speaker & media guest.

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