

# New Lunch N' Learn Program To Focus On Plus And Adventurer Personality

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Meredith Gardner, Ph.D., owner and founder of The Strategic Edge, with website at [www.strategic-edge.com](http://www.strategic-edge.com), has launched a new Lunch N' Learn program that focuses on how to deal with the adventurer personality, which is also known as the optimist or the enthusiast. During these programs, participants can learn about different personality styles in depth. Such training programs are usually conducted over a period of two days, but the format can also be expanded so that it can cover a longer period of time.

Dr. Gardner herself says, "In my Lunch n' Learn programs, I refer to the downside of the personality as toxic behavior. This kind of behavior must be addressed within teams and organizations, as it inhibits collaboration and innovation. In this new program, I will be discussing how people can deal with the 'adventurer' type, also referred to as the optimist or enthusiast."

Dr. Gardner is a leading expert when it comes to people skills, particularly on how to deal with various personality styles. She has been inspiring and guiding managers in various roles including CIOs and IT departments, as can be seen at [www.strategic-cio-solutions.com](http://www.strategic-cio-solutions.com).

In the new Lunch N' Series program that focuses on the 'adventurer' type of personality, most people would not consider these personalities as exhibiting toxic behavior because they have such incredible strengths. This means that their downsides are often overlooked. Yet, despite their many positives, the reality is that adventurers can also be somewhat scattered and critical, which can get in the way of communication and team work. The training program will show participants how to deal with such traits.

"There are some really good examples of famous adventurers," adds Dr. Gardner. "They include Elton John, Steven Spielberg, Malcolm Forbes, Bette Midler, Paris Hilton, Goldie Hawn, Cher and Sonny Bono, Richard Branson, Joan Collins, Bette White, Robin Williams, and Eddie Murphy. These all appear upbeat, happy, and smiley, projecting optimism wherever they are. Indeed, even in their roles in movies and shows, they reflect this in the character they are playing."

Adventurers, as leaders, are always busy, versatile, optimistic, spontaneous, high-spirited, and constantly seeking new and exciting experiences. On the down side, they can become overextended, undisciplined, forget what and who they delegated to, and get exhausted by staying on the go all the time. They often seem superficial and scattered. Dr. Gardner adds, "Surprisingly, adventurers are often late because they avoid negative situations. This is what I aim to address through executive coaching at my Lunch n' Learn events."

Those who need more information about Dr. Gardner can check out her LinkedIn page at <http://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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