



“My Five Best Character Traits for Life”

You have established your Bigger-than-Self Goals. What’s next?

During the second successful AVC series, Dr. Ringleb engages with his audience in an honest conversation that supplements the question “*What could I do in my professional and personal lives to satisfy those Bigger than Self goals?*”.

In a timely discussion about leadership and interpersonal relationships in the professional environment, Dr. Ringleb shared with the CIMBA community which included alumni, faculty, and current students what he has learned across his many years of experience when talking to executives who thrive in their field. Mainly, he observed that there are five distinct features which are recurrent among the personalities of these successful professionals, what to him are the **Best Five Character Traits**.

- **Self-awareness** is described as internal mindful consciousness of character, strengths, weaknesses, feelings, and beliefs. Thanks to self-awareness, we can objectively evaluate ourselves, seek feedback and align our actions and behaviors with our values.
- **Critical thinking** allows us to actively evaluate information we have gathered by observation or experience. This trait encompasses aspects such as clarity, precision, sound evidence, and fairness.
- **Courage** is the ability, or rather, choice to confront agony, pain danger, uncertainty. **Risk tolerance**, as described by Dr. Ringleb, allows individuals to be courageous than others in different situations.
- **Empathy** and **compassion** are key to understand and relate to others’ emotions and experiences. Empathy on its own may cause distress, but when coupled with compassion, we are able to imagine ways in which we can bring emotional support to others to reduce their suffering.
- **Patience** is the ability to persevere during strenuous times, and to be tolerant towards strain and adversities, especially under long-term circumstances. This is a risk-tolerance trait, which assists us in the management of cognitive and emotional mental processes.

Moreover, this conversation begs the question, what is the most significant trait we are looking to find in our leaders? The answer is **authenticity**: our ability to be genuine and trustworthy, a key component that enables us to be true to ourselves and to adhere to our values and beliefs.

This AVC session illustrated to participants how these five traits play a role in a person’s success. The conversation invited the audience to self-reflect and to seek what we considered to be the best character traits, how they may help us satisfy our better-than-self goals, and how we can implement them to obtain the best results in every aspect of our lives, both professional and personal. The resounding agreement was that these traits are indeed crucial. Especially during this

period, traits such as self-awareness, compassion and patience play a principal role in our ability to handle uncertainty, build resilience and be support to one other.

As we head into the future, it is worth reflecting how our character traits dictate our own success. This conversation is important to have especially now that we are experiencing a shift in the collective work environment. We must pay more attention to our interpersonal skills which will lead us into a more fulfilled personal development.