

## *Discover the Arjuna in You*

### Your Leadership Style Report

Based on Your RST Personality Report

Report prepared for	
Name:	Your Name
Date:	DD-MM-YYYY
Email:	XXXXX

Using a revolutionary tool based on **TRIGUNA** concept of Bhagavad Gita

For more information, please contact:  
satishmodh@trigunayoga.com  
[www.satishmodh.com](http://www.satishmodh.com) (www.satishmodh.com)

# *Discover the Arjuna in You*

## **About your Leadership Style Report**

Every one of us is a leader. It could be in the context of our family, in friend circles, or in formal or informal groups. In some situations, we are given formal authority, while in others, we grab it ourselves. We know it, whether other people recognize it or not. Given this context, it will be very helpful if we understand the pattern of our leadership styles in various situations and circumstances so that we can utilize it more effectively.

Your Leadership Style Report is based on your Guna composition. The concept of Gunas is mentioned in the Indian Knowledge System (Samkhya and Bhagavad Gita). Guna means the 'inherent energy or tendency' with which your mind functions. These three Gunas are Sattvic (goodness), Rajasic (driven by desires and emotions) and Tamasic (inertia or resistance to change). The composition of these three Gunas influence our personality, our career choice and also our leadership styles.

Your Leadership Style Report indicates how these three Gunas and their composition influence the way you lead your team or the people who follow you.

The RST Personality assessment is not a measure of your abilities in any particular field. It is a way to help you become aware of your own self and help you to better understand others.

### **This report can help you in:**

- **Setting clear goals and expectations**
- **Implementing your plans and strategies**
- **Understanding how to lead others in different situations**
- **Taking care of well-being and trustworthiness of your team**
- **Your inter-personal relationships at work place**
- **Managing stakeholder expectations**
- **Helping you improve your own performance**

## Discover the Arjuna in You

### Summary of Your RST Personality Report

Following table describes your personality type based on the Rajasic, Sattvic and Tamasic Guna and their combinations. Your personality type is indicated in bold

Energy	TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5
Sattva (Spiritual Energy) (S)	Mindful	Caring	Systematic	<b>Wise</b>	Humanitarian
Rajas (Emotional Energy) (R)	Initiator	<b>Entrepreneur</b>	Managerial	Passionate	Aspirational
Tamas (Resistance to Change) (T)	Due to self-image	<b>Due to memories</b>	Due to intellect	Due to likes & dislikes	Due to indolence
Sattva-Rajas (Transcendental Energy) (S/R)	<b>Traditional faith</b>	Faith with reason	Faith with devotion	Faith with renunciation	Total surrender
Sattva-Tamas (Intellectual Energy) (S/T)	<b>Scholar</b>	Philosopher	Analytical	Creative	Innovative
Rajas-Tamas (Active Energy) (R/T)	Trained skills	Experienced skills	Competent skills	<b>Proficient skills</b>	Complex skills
Sattva-Rajas-Tamas (Attitude) (R/S/T)	Committed	Assertive	<b>Flexible</b>	Cooperative	Compromising

## Discover the Arjuna in You

### YOUR LEADERSHIP STYLE REPORT

Following table describes your leadership style based on the Rajasic, Sattvic and Tamasic Guna and their combinations. Your leadership style is indicated in bold letters.

Energy	TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5
Sattva (Spiritual Energy) (S)	Mindful Leadership	Responsible Leadership	Strategic Leadership	<b>Transformational Leadership</b>	Servant Leadership
Rajas (Emotional Energy) (R)	Situational Leadership	<b>Entrepreneurial Leadership</b>	Democratic Leadership	Passionate Leadership	Aspirational Leadership
Sattva-Tamas(Intellectual Energy) (S/T)	<b>Scholar Leadership</b>	Philosopher Leadership	Analytical Leadership	Creative Leadership	Innovative Leadership
Rajas-Tamas)(Active Energy) (R/T)	Guided Leadership	Experienced Leadership	Competent Leadership	<b>Professional Leadership</b>	Expert Leadership
Sattva-Rajas-Tamas(Attitude) (R/S/T)	Committed Leadership	Assertive Leadership	<b>Flexible Leadership</b>	Cooperative Leadership	Accommodating Leadership
Tamas (Resistance to Change) (T)	Very low resistance to change	<b>Low resistance to change</b>	Moderate resistance to change	High resistance to change	Very high resistance to change
Sattva-Rajas(Transcendental Energy) (S/R)	<b>Very high attachment to results</b>	High attachment to results	Moderate attachment to results	Low attachment to results	Very low attachment to results

# Discover the Arjuna in You

## Interpretation of Your Leadership Styles

We believe that we have a unique leadership style. That uniqueness comes from the combination of various leadership styles based on our RST personality. Our leadership style is different when sattva or rajas or tamas guna is dominant.

While evaluating our leadership style it is important to know which Guna is dominant. When sattva is dominant, we have a natural desire to be good and caring. When rajas is dominant we are goal oriented and ambitious. When tamas is dominant we are full of hope and optimism.

### Spiritual energy (S)

Spiritual energy moves the leader towards feelings of compassion, patience, tolerance, forgiveness, contentment, accountability, harmony, and a concern for others with a greater purpose of development of the self and for the welfare of society. Spiritual energy drives a leader to incorporate these values and beliefs into all matters of life.

*This energy reflects whether the leader is Mindful, Responsible, Strategic, Transformational or Servant Leader in their approach – in the ascending order of scores.*

Your Score is :

65%



Based on your score your Leadership Style is **Transformational Leadership**

### Emotional energy (R)

Emotional energy deals with leader's ability to interact with their environment and transmit their response back into the world. Some of these emotions are anger, fear, sadness, shame, greed, attachment, passion, satisfaction, and enjoyment. These emotions propel a leader to engage with people and achieve desired results.

*This energy reflects whether the leader is Situational, Entrepreneurial, Democratic, Passionate or Aspirational – in the ascending order of scores.*

Your Score is :

35%



Based on your score your Leadership Style is **Entrepreneurial Leadership**

### Resistance to Change (T)

Resistance to change reflects the degree to which a leader feels the need to maintain the status quo. An increasing score here provides a leader with higher perception of threat arising from change, be it real or imaginary. This resistance to change is reflected in a leader's inaction, objection, or disagreement. It could be due to their ego, good or bad memories, intellectual disagreements, likes or dislikes, or just inaction.

*This factor explains the degree of resistance to change from very low to very high – in the ascending order of scores.*

Your Score is :

30%

Based on your score your Leadership Style is **Low resistance to change**

### **Transcendental energy (S/R)**

Transcendental energy levels indicate your capacity to go beyond the drive for survival, and other selfish goals of life. It is the capacity to move above one's basic desires, and to reach an inclusive focus of caring and sharing. Greater levels of this energy give the capacity to think beyond the limitations of the present. It is the capacity to move from the limited identity of "I" to the inclusive identity of "'Us".

*This energy explains differing levels of attachment to results – very high attachment to results to very low attachment to results – in the ascending order of scores.*

Your Score is :

20%

Based on your score your Leadership Style is **Very high attachment to results**

### **Intellectual energy (S/T)**

Intellectual energy relates to one's competence for critical analysis, strategic perspective, vision and imagination. Intellectual energy determines our capability in thinking, learning, and understanding. Higher levels of intellectual energy indicate a capacity to adopt new thoughts, new technology and new rules and regulations.

*Variations in intellectual energy make a leader a Scholar, Philosopher, Analyst, Creator, or Innovator in their approach – in the ascending order of scores.*

Your Score is :

10%

Based on your score your Leadership Style is **Scholar Leadership**

### **Active energy (R/T)**

Active energy levels correlate with the proficiency of an individual in performing essential tasks necessary for an activity, whether physical, conceptual, or interpersonal. This energy helps in understanding how processes work and whether one can advise others on how to solve specific problems.

*This energy explains whether the leader is Trained, Experienced, Competent, Professional or an Expert in the given field - in the ascending order of scores.*

Your Score is :

70%

Based on your score your Leadership Style is **Professional Leadership**

### **Leadership Attitude (R/S/T)**

As we know that attitudes are an acquired tendency to evaluate things in a certain way. One may evaluate people, issues, objects, or events, in either positive or negative way, or even be undecided at times.

One important factor which influences leadership style is the flexibility shown by leaders: their ability to listen to and understand the viewpoint of others. This influences factors such as: does the leader has the capacity to absorb dissent? and does the leader have the capacity to welcome viewpoints that challenge their own? In extreme cases, one may also consider whether the leader succumbs to the opinions of others while cooperating or reaching a compromise.

*Therefore, the leadership attitude may explain whether the leader is Committed, Assertive, Flexible, Cooperative or Accommodating – in the ascending order of scores.*

Your Score is :



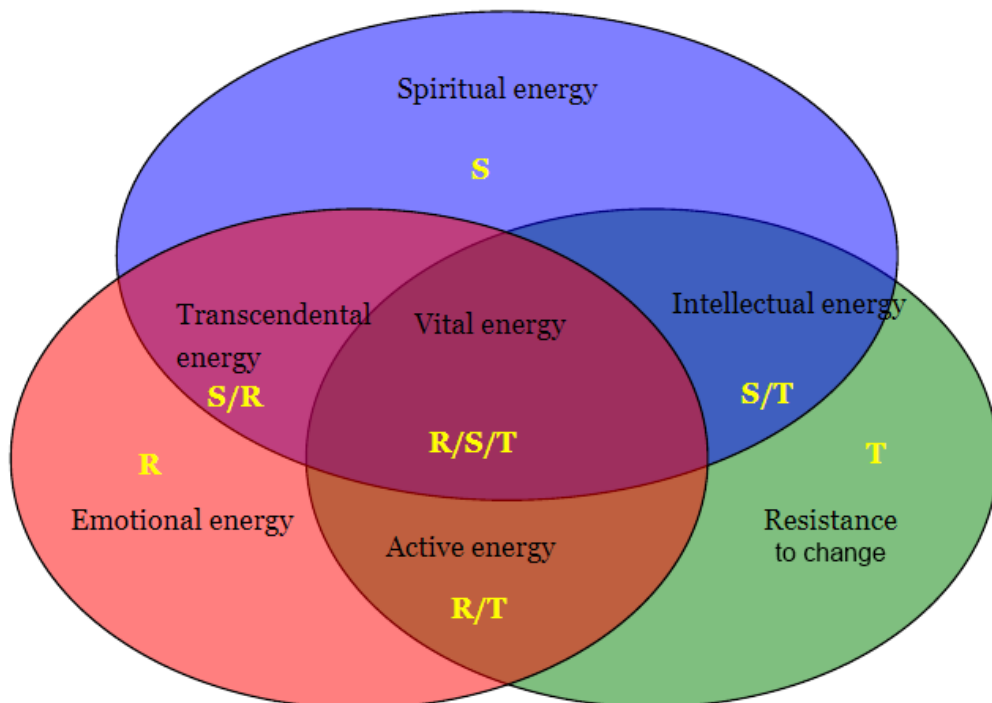
Based on your score your Leadership Style is **Flexible Leadership**

## Discover the Arjuna in You

### Your Leadership Personality Map

The triguna energy map displays the interaction of these three gunas and resultant combinations. At any point of time only one Guna is dominant

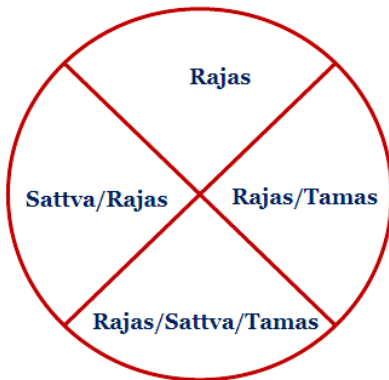
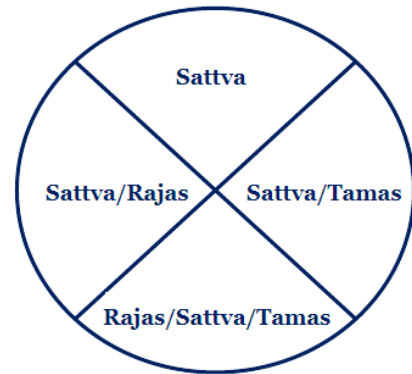
**Therefore, only one of the three circles – S, R or T is operative at any given time and influencing your personality.**





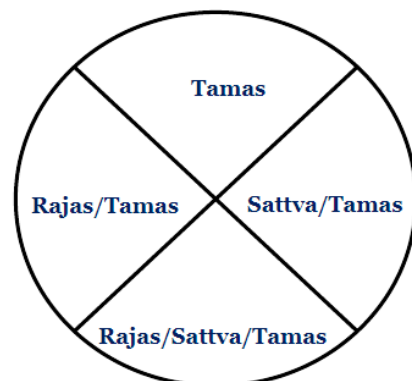
## Discover the Arjuna in You

When **sattva Guna is dominant**, you have a natural desire to be good and caring. You consider work as your duty.



When **Rajas Guna is dominant**, your focus is on achievement of goals and fulfilling your ambitions. You are full of enthusiasm, passion and excitement.

When **Tamas Guna is dominant**, you are full of hope and optimism. You anticipate that events are being favorable to you and you are willing to take a chance.



## *Discover the Arjuna in You*

*"Work on with the intrepidity of a lion but at the same time with the  
tenderness of a flower."*

*Swami Vivekananda*