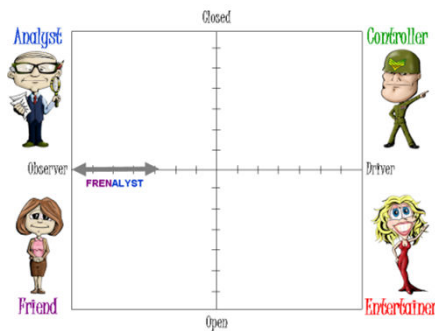




# FACE of the Month

***“Before the crowd arrives, we are busily preparing; ensuring that everything is okay. Whilst the crowd is there, we are dutifully ensuring that everything is okay and that everyone is okay. When the crowd has left, we remain; ensuring that everything is returned to it’s original state of ‘okay’. Who are we? We are FRENALYSTs.”***

Do you see that double-pointed arrow on the FACE Matrix below? Well that’s us... We are FRENALYSTs. FRENALYSTs sit on the border that separates the FRIEND and ANALYST FACES. More specifically, we are a blend of the Analyst-FRIEND and the Friend-ANALYST. Let’s explore.



We FRENALYSTs have some of the usual ANALYST trademarks of precision and attention to detail, along with the FRIENDS concern for people and feelings. This mix of qualities makes us highly cautious. Please don’t assume that ‘cautious’ is another way of saying ‘fearful’. That’s not the case.

Equally, our leaning towards caution does not reflect an inability to make decisions. The simple fact is, we have a double dose of ‘micro’ to work through before we can decide – micro facts and micro feelings.



Yes, by all means go ahead and have a chuckle to yourself if you must; but at least you’re more aware as to why we hesitate.

In addition to our propensity for caution, FRENALYSTs are also quite

reserved and gentle in our communication style. We tend to be the quietest of FRIENDs and yet, at the same time, the most welcoming of ANALYSTs. For example, when it comes to socialising, FRENALYSTs prefer smallish groups. I especially like intimate dinners at home with my family and perhaps a few friends; or brunch with the girls.

In the work environment, we are the ones who are there but not there at the same time, or so it seems. FRENALYSTs prefer a relatively low profile. However, when the need arises, we have the knack of turning up at the right place at the right time, with the right contributions. It’s almost spooky; to the point where it even freaks us out sometimes.

It is oft said that FRENALYSTs are “neat freaks”. True. Certainly for me. Everything has a place and there’s a place for everything. Now, it’s only a handful of us that are the inflexible and intolerant variety of neat freaks. For most of us, it’s simply a penchant for order and cleanliness. Chaos is claustrophobic.

Long-suffering and able to tolerate unpleasant, loud, abrasive, egotistical, and even rude people for longer periods than most can; yep, that’s another FRENALYST strong point. Unfortunately, it is all-too-often misread as a weak point. Indeed, our capacity for being ‘long-suffering’ may even cause us to appear to be “soft targets”; you know, people who are open to being taken advantage of. No, no, no! Please don’t be so foolish as to make that mistake!

You’ve heard about the memory of an

elephant, right? So it is with FRENALYSTs. Big time! We remember everything. Whilst it is rare for FRENALYSTs to lose our cool (so to speak); like all people, we have our limits. When pushed beyond those limits... brace yourself. What comes next could be downright scary.

Ok, before we come to a close, let’s change the tone of this discussion a little?

Perhaps the cornerstone of our communication style stems from our genuine belief that every person has an inherent goodness within them. (Agreed, many keep it well hidden.) Given the right environment, education and encouragement, we can all rise above our circumstances and become more than we believe is possible.

Actually, one of the ways FRENALYSTs shine our goodness is to cook. We love it! Oh and we’re not just talking about the weekly evening meals type of cooking (important as that is). No, no, we go all out. A dinner party at our house – yes, we host dinner parties; no smart comments thank you – this is a comprehensive spectacular of adventure into culinary delights. The preparations may begin days in advance. Our guests talk about the food for months later. We even have friends who are booked in on a waiting list for future dinner parties.

Gardening is another common interest of FRENALYSTs. Again, we don’t do this in half-measures. A front yard floral display will be extensive, to say the least. Orderly, precisely manicured and balanced? Yes. Small? Definitely not!

Well, I hope you’ve enjoyed our time together. I certainly have. Let’s be sure to get together again soon.

Bye-bye.



# FRENALYST