

The Big Five Traits	How the traits relate to behavior:
1. Conscientiousness: Responsible, persistent, reliable, organized.	Higher performance, leadership, longevity
2. Emotional stability: “Calm, self-confident, and secure” (Robbins & Judge, 2019, p. 147)	Greater job/life satisfaction; less stress
3. Extraversion: Outgoing, sociable, and assertive	Higher performance, leadership, and less burnout
4. Openness to experience: Creative and curious	Leadership and increased learning; better able to cope with organizational change
5. Agreeableness: Cooperative and trusting	Higher performance

Reference

Robbins, S. P., & Judge, T. A. (2019). *Organizational behavior* (18th ed.). Pearson.