

ULTRA ACCESS

The Dominant Personality needed in Scaffolding And how the (positive) dominant mind 'maketh the Scaffold'

Scaffolding doesn't just require physical strength, it also requires intelligence, but also a (positive) dominant mind and personality - especially if one wants to succeed.

Its a highly demanding industry to work in, and there are many temptations to fall into the same old routine, and go along with the masses...

... this severely hampers ones ability to build a solid reputation, it loses respect from ones peers, and all-but stops any kind of natural progression from site to office.

Having a **dominant personality**, in the right way also inspires others around you to "up their game", if not immediatly, but given time, it is proven to positively influence (low moral / low effort) colleagues and trainee scaffolders alike.

Those with a (positive) dominant personality can help improve a whole number of aspects in the workplace, including safety, conditions, and even things like the general atmosphere and push for a unified front for better pay rates.

Work quality is also improved...
How..?

Well, there have been numerous studies over the years that show those with a (positive) dominant personality are less likely to be affected by negative peer pressure, and the mindset actively encourages ones to strive to be the best version of themselves in the workplace. A (positive) dominant personality drives self-discipline, enforces high standards, and rejects excuses.

It pushes consistent effort, punctuality, and pride in quality work, inspiring professionalism through confident leadership, accountability, and a refusal to cut corners - elevating both personal output and team respect.



It is also possible to increase ones (positive) dominant personality, but doing exercises, stretches and by eating certain foods, according to studies carried out by Harvard University.

One such stretch is called the "Power Posture" - Stand tall, shoulders back, hands on hips, legs slight apart (like Superman).
Hold for 2 mins. → Boosts testosterone, confidence and a sense of self worth.

Daily "I Command" affirmations (a routine of positive statements said to yourself) also helps boost self-esteem and cultivates a positive mindset - aiding in the growth of the personality . Eggs and read meat, and plenty of green vegetables, and avoiding alcohol also help improve ones (positive) dominant personality.

Its a personality trait that one must WANT to have after all, but one that can considerably improve your entire life, inside and outside of the workplace.

