



The Multi-Generational Workforce:

Common Traits of Different Groups

A multi-generational environment can present both challenges and opportunities in any workplace. Below is a quick look at the general personality traits of the different generations found in the workplace.

Traditionalists

Born between 1925-1946

Respectful, compliant, loyal, disciplined, hard-working, resilient

Millennials

Born between 1981-1996

Socially conscious, energetic, flexible, authentic, crave feedback & value experiences over possessions

Baby Boomers

Born between 1946-1964

Hard working, family oriented, competitive, well-educated

Generation Z

Born between 1997-2014

Tech savvy, multi-taskers, frugal, cautious, more health conscious, very tolerant of differences

Generation X

Born between 1965-1980

Computer literate, independent, risk takers, critical thinkers, flexible

Would you like to find out more about how you can get the best from your multi-generational team? The Employee Assistance Program is available to you; providing resources, coaching and consultations. Give us a call at 800-327-4968 (800-EAP-4YOU) TTY: 877-492-7341. We are here for you.