

MYERS BRIGGS TYPE INDICATOR® (MBTI)

The MBTI® instrument has been validated in the course of 50 years and is taken by more than 2 million people annually. Designed with the purpose of making Jung's theory of "psychological type" understandable and useful in people's everyday lives, the instrument is used for personal development, leadership training, coaching, career counselling, conflict resolution and employee retention. The 16 personality types differ in the preferred way they take in information, make decisions, derive their energy and view the outer world. Raising your awareness about your own personal preferences and understanding those of others has numerable advantages. This one-day workshop focuses on your personal results after taking the MBTI® instrument and looks at how you can use this information and be more effective in your daily interactions.

Learning Objectives:

- Create awareness and understanding of self and others
- Identify strengths and weaknesses at work and in personal life
- Understand behavior patterns of the various personality types
- Value individual contributions and differences

Who Should Attend:

Team members, individual performers, people managers and anyone interested in learning more about themselves and other personality types.

How Will Participants Benefit:

- Improve communication skills
- Resolve conflict and focus on constructive use of differences
- Enhance understanding of one's self and personal style
- Relate better to other people (clients of all types, team members, friends and family)
- Build self-esteem
- Improve your ability to bring out the strengths in others

Delivery Method:

Exercises, group discussion and lecture.

Duration: One day