MYERS-BRIGGS TYPE INDICATOR

Learning Objectives

This one day workshop takes participants through the Myers-Briggs Type Indicator (MBTI) personality inventory. The purpose of MBTI is to make the theory of psychological types described by Carl G. Jung understandable and useful in people's lives. The essence of the theory is that much seemingly random variation in behavior is actually quite orderly and consistent, being due to basic differences in the ways individuals prefer to use their perception and judgement. When people understand their type preferences, they can approach their own work in a manner that best suits their style, including how they manage their time, solve problems, make decisions and deal with stress. MBTI may be introduced in a stand-alone workshop or as part of an overall teambuilding session.

By the end of this workshop participants will understand:

- How personality preferences influence our interactions with the world around us, as well as how we process information and make decisions

- The strengths and potential blind spots each of us has based on our personality preferences

- How to leverage awareness of our preferences and the preferences of others to communicate and collaborate more effectively

PROGRAM FLOW

KEY CONTENT AREAS

Welcome
- Introduction, Learning Objectives
- Ground Rules, Building Agreement

Principles
- MBTI is Not a Test
- No Preference is Better Than Another
- Behaviors Result From Tendencies

Preferences and Dichotomies
- Extraversion and Introversion
- Sensing and Intuition
- Thinking and Feeling
- Judging and Perceiving
- Type Table

Best-Fit Type
- Self-Identification
- Instrument Results
- Preference Clarity
- Team Type

Characteristics of Type
- Sensing Types
- Intuitive Types
- Introvert Types
- Extravert Types

Types and Functioning
- Types at Their Best
- Potential Areas for Growth

Type at Work
- Preferences in Work Settings
- Dealing With Change
- Career Interests
- Uses of Information
- Leading/Following Styles
- Professional Development
- Improving Communication
- Problem Solving/Decision Making
- Dealing with Conflict

Workshop Close