

Myers Briggs Type Indicator (MBTI)

The MBTI is the most well-known personality model in the world. Its purpose is to make the theory of psychological types understandable and useful in people's lives. The essence of the theory is that much seemingly random variation in behaviour is actually quite orderly and consistent, being due to basic differences in the way individuals prefer to use their perception and judgment.



Who is it for?

An in-company workshop where team members discover and understand their own type and how this impacts the team. Acquiring these insights into the different personality types that people prefer to use in the workplace can help in a number of ways, for example improving communication, resolving conflict and identifying areas for team and personal development.

Benefits

The aim of the MBTI is to identify, from self-report of easily recognised reactions, the basic preferences of people in regard to perception and judgment, so that the effects of each preference, singly and in combination, can be established by research and put to practical use.

Content

MBTI measures the preferences that we have within our personalities and the strengths of those preferences. It produces a picture of each individual's set of personality preferences across four scales. These are:

- Extraversion - Introversion – How we are energised
- Sensing - Intuition – How we gather information
- Thinking - Feeling – how we make decisions
- Judging - Perceiving – What lifestyle we prefer

Why X Learning?

Our training avoids the 'dull and boring' tag. We make this subject lively, fun, interesting and above all relevant by:

- Drawing learning from day to day events within the business
- Allowing participants to directly reflect on the organisation and the job they do
- Incorporating high levels of interactivity, for example:
 - Running light hearted but focussed business games
 - Using live company data where possible
 - Providing realistic case studies
- Cutting out the jargon and keeping things simple
- Encouraging group work
- Catering for different learning styles and providing multi sensory input

Programme length options; full day.

To discuss **call** Mike on 07899 728 628 or David on 07984 817 328
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