



Myers-Briggs Type Indicator (MBTI) Workshops

The MBTI is the recognized global leader in personality assessments, assisting in identifying valuable differences in traits / characteristics which often are the source of much misunderstanding and miscommunication. The information gained by identifying your personality type provides a greater understanding of yourself, your motivations, behaviours, natural strengths and potential areas for growth. Of greater value, it enables you to understand and appreciate the comparative differences in those around you and appreciate the strengths these different personality types bring to a team environment; in both the workplace and at home.

The MBTI is a **tool for life**, providing the building blocks from which to increase your understanding and self-awareness across all domains of life. For individuals and teams engaged in the process, results are: 1.) obvious; 2.) immediate; and 3.) measurable.

The MBTI is used in the following applications:

- Self-understanding and individual development
- Management / leadership training & Coaching
- Organisational development & upskilling
- Problem solving / Conflict Management
- Relationship counselling
- Sales techniques

Measurable organisational objectives include:

- Increase communication effectiveness
- Nurture and leverage current staff strengths
- Improve teamwork
- Understand and adapt to differences in leadership/management styles
- Improve customer service
- Manage conflict
- Coach individuals
- Assist in career development
- Increase sales

The assessment is completed on-line (approx. 15 mins), is voluntary and results are confidential. Business teams / groups benefit from two hour or half day workshops where our accredited practitioner will tailor the learnings to specifically suit your workplace, engaging teams to create action plans which can be immediately implemented. Follow-up group workshops or 1:1 sessions can greatly enhance workplace specific objectives such as those listed above (Group quotes provided upon request). The MBTI does not measure skill, nor performance; it provides a quickly acquired theory for understanding.