



Myers Briggs Type Indicator 1 Day Training Workshop

Enabling individuals to use
MBTI personality assessment
to enhance personal
development & effectiveness.

T Training
Interventions

Course Aim

To enable individuals to use the MBTI personality assessment to enhance personal development and effectiveness.

About the course

The world-renowned Myers-Briggs framework has helped millions of people across the globe gain a deeper understanding of themselves and how they interact with others.

Those who learn about their personality type preferences using the Myers-Briggs framework will become part of a community of people who share a common language for talking about their personality, and who use their MBTI knowledge to work more effectively together.

This session is designed to introduce participants to the MBTI framework, and to help everyone to understand and explore their own Myers Briggs Type preferences.

Key Outcomes

Participants will:

- Learn about themselves and understand where they fit into a framework that describes personality differences in positive and constructive ways.
- Discover how their MBTI preferences influence the way they operate in different situations.
- Appreciate important differences between people, and understand how different types can work together in a complementary way.

Who should attend

Recommended for everyone.

Course Outline

Pre-course

- Participants are invited to complete the MBTI questionnaire prior to the workshop.

Making the MBTI relevant to you

- Discovering general MBTI application areas.
- Defining personal objectives.

MBTI Background

- MBTI history and development.
- Research, reliability and validity.
- The MBTI instrument: Who uses it?

Understanding 'preferences'

- What the MBTI does and doesn't measure.
- The concept of preference.
- Common misconceptions.
- 'Strength' vs 'clarity' of personality type.

The MBTI preferences

- The four MBTI dimensions of preference.

Discovering our preferences

- Becoming familiar with each of the four preference pairs in detail.
- Characteristics of each preference.
- Exploring and discovering individual personality preferences.
- Reviewing the MBTI questionnaire results of reported type.
- Deciding which preferences fit best.
- Exploring individual use of all preferences.

MBTI Type Exercises

- Exercises to further demonstrate using type in the workplace.

Development and action planning

- Participants have the opportunity to explore how they make best use of their type and their potential for development.

Contact us

This course is available for in-house delivery or at a venue of your choice and can be tailored specifically to meet your business needs. For booking fees or further information contact us:

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Related Training Programmes:

- Managing Conflict using the TKI
- Effective Influencing Skills