

MYERS-BRIGGS TYPE INDICATOR®

AND TEAM BUILDING



The Myers-Briggs Type Indicator® (MBTI) is a nonjudgmental instrument that helps individuals and teams to understand themselves and others in a way that is value-oriented versus evaluative. MBTI provides an indication of preferences. The preferences refer to gathering energy or processing thoughts; being detail-oriented versus big-picture-focused in gathering information; being objective or subjective in decision-making; and being structured or go-with-the-flow in orienting one's lifestyle. In this course, participants will complete a 95-question instrument and identify a four-letter MBTI type. Participants will receive a personalized report based on their responses.

Objectives

- Value individual preference types
- Integrate this information into how we work as a team and with others
 - Conduct meetings more effectively
 - Resolve conflicts effectively
 - Break workflow bottlenecks
 - Further our careers
 - Reduce stress levels
 - Make better decisions
 - Increase communication effectiveness
- Implement a strategy to build team appreciation and productivity

Benefits

- A greater understanding of why we do the things we do
- Techniques for working with other MBTI preference types
- Understanding of MBTI and team dynamics

Assessment

Myers-Briggs Type Indicator®, Self-Scorable Form M

Delivery

Classroom Full or half day

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