

Understanding Personality Types Using Myers Briggs Type Indicator

“Learned lots about myself and others”

One on One (1/2 day), Small or Large Groups (1/2 to 1 day)

The Myers Briggs Type Indicator (MBTI) is an instrument that will help you identify your strengths and unique attributes. You can use the information to better understand yourself, your motivations, your strengths and your potential areas for growth. It is an aid in better understanding and appreciating those who differ from you in both your personal and professional lives, particularly in the context of your work team.

Understanding the MBTI instrument type is self-affirming and enhances cooperation and productivity. It is not a tool that ‘boxes’ you, rather it is a tool to help you understand your preferences, and others, in the areas of leisure, employment and relationships. It is a framework for understanding human behaviour.

The Myers Briggs Type Indicator is used in the areas of:

- Self development
- Career development and exploration
- Relationship counselling
- Academic counselling
- Organisation development
- Change Management
- Selling
- Problem solving
- Management and leadership training
- Education and curriculum development
- Team building
- Diversity and multi-cultural training
- Coaching and mentoring
- Communication Training
- Health Care
- Grief Counselling
- Conflict Management

OVERVIEW

The session can be applied to individuals (on a one-to-one coaching/mentoring basis) and to small and large groups. Through the process of understanding self, through personality indicators, individuals reflect on their own: strengths; potential difficulties; communication and learning styles; career and work preferences/directions; team role and leadership style; causes of stress; behaviour under stress and ways to reduce stress.

Workshop Outcomes

- Help individuals find direction for their lives by understanding the strengths and gifts of their personality preferences.
- Help teams learn the value of both their differences and similarities.
- Help individuals follow their different roads to excellence without external disparagement or internal guilt, particularly as differences relate to temperament types.
- To help group members recognise, appreciate and make use of the strengths of each type in the group.
- To help group members grow in their development as each learns from the skills of the other.
- To conduct meetings so as to take advantage of the contributions of each type.
- To help those who work and live together to understand how previously irritating and obstructive differences can become a source of amusement, interest and strength.
- To learn the approaches most likely to earn the cooperation and agreement of each type.
- To increase understanding by "talking the language" of the different types in the group.
- To create a climate where differences are seen as interesting and valuable, rather than problematic.

SCHEDULE

<p>Welcome.</p> <p>Overview - Type Theory and the Myers-Briggs Type Indicator (MBTI/ Majors PTI)</p> <p>Participants complete a self-scorable instrument.</p>
<p>Self-select process (theory and activity)</p> <p>Preference Characteristics</p> <p>Extraverted (E) or Introverted (I)</p> <p>Sensate (S) or iNtuitive (N)</p> <p>Thinking (T) or Feeling (F)</p> <p>Judging (J) or Perceiving (P)</p> <p>Comparing the 'test' result with the self-selection – interpret and analyse the differences (if applicable)</p>
<p>Temperament Theory</p> <p>Are you a:</p> <p>Guardian SJ</p> <p>Artisan SP</p> <p>Rationalist NT or an</p> <p>Idealist NF</p>
<p>Understanding personality and your natural talents - Comprehensive descriptor of personality type</p>
<p>Stress and the Inferior function:</p> <p>Type Descriptors – What causes you stress; How do you express stress and how do you 'control' stress?</p>
<p>Team Roles in type</p> <p>Role preferences in the workplace/Career focus</p>
<p>Designing your Personal Action Plan</p> <p>– Review and Evaluation</p>
<p>Finish</p>

Enrolment Form – Understanding Personality Types Using MBTI

ABN 34 073 999 185

Send this form to Acorn: Fax (02) 6162 2077 or e-mail to bookings@acorntraining.com.au

We will ring you to organise a time to run the session.

Attendee's name	Email address	Phone Number
1.		
2.		
3.		
4.		
Organisation		
Branch/Division		
Address		
Phone #		
Fax #		

Payment Details

Single attendee: \$595

Second and subsequent attendee: \$395

For larger groups please call for a quote

1. Credit Card (Amex, Diners, Visa, MasterCard)

Name _____ Card No _____

Expiry date _____

2. Invoice

Signed off by _____ Name _____

Email invoice to: _____

Terms: Payment is due on or before the day of the session.