

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

Format

Classroom-based: Full day or half day

Note: Myers-Briggs Type Indicator®, MBTI, the MBTI logo, and Introduction to Type are trademarks or registered trademarks of the Myers-Briggs Type Indicator Trust in the United States and other countries.

<i>Supported Competency Focus Area</i>	
Self-Awareness	<input checked="" type="checkbox"/>
Relating	<input checked="" type="checkbox"/>
Thinking	<input type="checkbox"/>
Working	<input type="checkbox"/>
Leading	<input type="checkbox"/>
Teaming	<input checked="" type="checkbox"/>