



MBTI® Myers Briggs Type Inventory

the world's leading tool for measuring personality type

Course summary

MBTI® is a powerful, versatile, personality type assessment that provides the foundations for a deep understanding of personal motivations and group interactions. It can be applied to multiple personal and business issues and is based on the work of eminent Swiss Psychologist, Carl Jung. This practical programme features an accessible framework which explains the eight core personality preferences and 16 type combinations. Widely recognised and respected, it is used globally in many different languages and cultures. It has a proven effectiveness and track-record, with over two million assessments administered annually. The theoretical framework of the MBTI inventory, offers a common language for understanding and describing the interpersonal differences that shape who we are as individuals.

During the programme, participants will receive a description of their best-fit or preferred style with a detailed explanation about what characteristics are frequently associated with that type. This can be used by individuals and teams to help determine and understand work choices, how and why relationships operate the way they do, preferred communication style and differences in terms of problem solving. In addition, it can be used within teams and organisations to understand and solve organisational challenges. All programmes run by a qualified MBTI® practitioner.



Who is it for?

Suitable for teams and individuals. Used for improving communication skills. Listening, influencing and persuasion skills. Awareness of a team's working style. Management development. Recognising responses to change. Conflict resolution. Decision-making and problem solving. Effective stress management. Coaching with confidence.

Learning outcomes

By the end of the course, you will be able to:

- Understand your own MBTI 'type' and what this means in both your private and professional life.
- Discover different approaches in people relating to: where you focus your attention, absorb information, make decisions and deal with the outside world.
- Appreciate, value, and work more effectively with all sixteen personality types.
- Build strong and cohesive teams through common understanding and improved communication.
- Recognise why conflict may sometimes arise and how to resolve this.
- Enhance opportunities for personal development.
- Provides option to focus on any of the following themes: Team building. Communication. Change. Decision Making and Problem Solving.

What else do I need to know?

One day, with an option to run as an introductory half day session, 3.5 hours.

During the session you will complete a validated MBTI® questionnaire to help highlight your individual strengths and learn how to best capitalise on them.

Part of the **Impact and Approach** suite of programmes.

Links to: **Under the Influence**, **Assert Yourself** and **Develop and Thrive**.

To find out more, or discuss your requirements please contact us:



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