

MYERS-BRIGGS TYPE INDICATOR

Myers-Briggs Type Indicator (MBTI):

Create a framework for building better relationships, leading positive change, inspiring innovation, and attaining excellence.

The self-awareness generated through our MBTI workshop improves how participants communicate, learn, and work. Based on Carl Jung's theory of psychological type, MBTI helps individuals identify their preferences in four areas:

- where they focus their attention,
- how they take in information,
- the way they make decisions based on that information,
- and how they deal with the world.

The MBTI assessment offers participants personalized insights regarding their own preferences AND how they can effectively communicate and work with others who may have differing preferences. It is a proven, effective tool for enhancing self-awareness, team effectiveness, and the overall workplace environment.

DURATION: Eight hours

PARTICIPANTS: 10 minimum, 30 maximum **SCHEDULE:** Contact us to schedule a workshop

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