

TEAMBUILDING AND THE MBTI®

WHO WILL BENEFIT?

Any team with a common goal will benefit from a deeper understanding of how members can work together.

Abeo has worked with:

- Newly formed work teams
- Executive leadership teams
- Short term project teams
- Volunteer committees
- Boards of Directors

TOPICS

Introduction to the MBTI

A primer on the theory behind this respected instrument.

Preferences and Type

Defines core concepts and terms associated with the MBTI.

The Team Type

A custom Team Type report illustrating the team's strengths and blind spots is examined.

Individuals and Team

Each team member's contributions to the team are considered.

Custom Teambuilding Activities

Activities to address your team's blind spots are conducted.

Poorly functioning teams can derail work quickly and often quietly. Think something is amiss with a team you lead or are a member of?

Look for these signals:

- Lack of conflict or unhealthy conflict
- Low engagement in discussions
- Rework or duplication of work
- Low morale
- Frequent turnover of team members
- Poor decision making
- Challenges coming to consensus
- Communication impasses
- Members that just don't get along

The Myers-Briggs Type Inventory is the most trusted and widely used inventory in the world for helping teams uncover new ways to work and interact. This inventory improves team relationships by focusing on enhancing communication and respecting decision-making styles.

Teambuilding and the MBTI examines the team's strengths and blind spots. A custom report provides a snapshot of team functioning. Team members can apply what they learn immediately when interacting with teammates.

At the end of this workshop, participants will be able to:

- Explain their unique MBTI results.
- Identify the personality preferences of their co-workers.
- Articulate the strengths and gaps of their team.
- Adapt their preferences to enhance team decision-making and communication.
- Implement strategies to increase team effectiveness.