

EMBRACING CHANGE

Navigate change well by leveraging your MBTI®

WHY THIS COURSE:

This workshop helps participants understand the impact of type on their and others' response to change and introduces the psychology of change. Created with flexibility in mind, it is suitable for use with existing work teams or with groups of people who do not usually work together. Participants will leave equipped to manage their personal response to change in a positive way. *Requires completion of MBTI® 1: Know Thyself Workshop.

IDEAL FOR:

- Individuals / Teams who want to get better at navigating change
- Self-understanding and individual development
- Team building
- Management and leadership training
- Coaching
- Organizational development
- Diversity and multicultural training
- Problem solving
- Career development and exploration
- Academic counseling
- Education and curriculum development
- Relationship counseling

COURSE OBJECTIVES:

- Develop an understanding of psychology of change
- Increase awareness of the impact of your MBTI® type on your response to change
- Understand others' responses to change
- Enhance your ability to manage your response to change in a positive and constructive way
- Create a personal action plan that encourages follow-through

> **COURSE DURATION:** Half-Day +

> **COURSE TYPE:** In-Person OR Virtual

AGENDA

TIME: 4 HRS

Welcome, Session Overview & Introductions	:20
Setting the Scene	:15
Responses to Change	:40
The Psychology of Change	:15
MBTI® Refresher	:15
BREAK	:15
MBTI® Type and Change	1:30
Approaching Change in a Positive Way	:10
Session Close, Review, Next Steps	:20



TRAINING
FACILITATING
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SPEAKING

303-895-9973

www.morethanfunds.us

WHAT ARE THE SIGNS THAT A CLIENT NEEDS THIS COURSE?

- Organization is undergoing change
- Participants aren't navigating change well
- Lots of fear which results in paralysis

KEY INSIGHTS TO CONSIDER/WHY MBTI®?

- The only thing predictable in life is change, and nobody likes it!
- The only time we stop changing is when we're 6 feet under.
- The only thing we can control is life is our attitude which requires self-awareness.
- One of the greatest investments we can make is in ourselves. The greatest asset we bring to any personal or professional relationship is self-awareness. Both are the focus of MBTI®. Take the time to explore how you're uniquely wired to maximize your best self.
- MBTI®...
 - Is based on Jungian psychology, looking at his 8 identified brain archetypes from 1920 when psychology came into being.
 - Is the most reliable and validated instrument based on the two core brain functions - how one takes in and evaluates information.
 - Focuses on type - what's on your hard drive, what you're born with, your innate design, etc.
 - Provides a means to understand self, others, and recognizes innate as a way of being and modifying bad behavior.
 - Aims to increase your understanding of who you are by experiencing a positive, psychometric assessment that taps into the inner workings of people.
 - Is the critical key for how we communicate. We can't work together well unless we understand ourselves and others in regard to communication.
 - Provides a means for organizations to develop a culture of healthy communication.

WHAT ARE THE TYPICAL CUSTOMIZATIONS AND RELATED PRODUCTS?

- Course length: can be condensed or expanded.
- Participants must either know their MBTI® type or have completed MBTI® 1 – Know Thyself course prior.
- Any additional MBTI® focused courses would be great additions to consider:

LENGTH	COURSE
Half-Day+	MBTI 1 – Know Thyself
Half-Day+	MBTI 2 – Team Development
Half-Day+	Compelling Conversations
Half-Day+	Enhancing Emotional Intelligence
Half-Day+	Impactful Influencing
Half-Day+	Improving Decision Making
Half-Day+	Leader Development
Half-Day+	Stress Management

