

MBTI® 1: KNOW THYSELF

Understanding and Working with Personality Type to Appreciate Differences

WHY THIS COURSE:

Workshop participants will increase their understanding of personality type by learning about the Myers-Briggs® framework, develop greater self-awareness and awareness of others, and identify ways to use personality differences constructively to improve personal interactions and team performance. MBTI® will help you put words to what you need to function optimally at work and in your personal life. The more you understand yourself, by default, you increase your understanding of others.

IDEAL FOR:

- 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:

- Increase your understanding of personality type by learning about the Myers-Briggs® framework
- Develop greater self-awareness and awareness of others
- Identify ways to use personality differences constructively to improve personal interactions and team performance
- Receive an overview of a positive, psychometric assessment used to access the inner workings of people.
- Discover tools that provide common vocabulary for how people are innately designed.
- Create a personal action plan that encourages follow-through

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

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

AGENDA

TIME: ★5 HRS

Welcome, Session Overview & Introductions	:20
Introducing the MBTI assessment	:30
Your MBTI self-assessment	:60
Your MBTI results and verifying your best-fit type	:15
Understanding the MBTI preferences	2:00
Creating action plans	:30
Session Close, Review, Next Steps	:20

*excludes breaks or lunch



TRAINING
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303-895-9973

www.morethanfunds.us

WHAT ARE THE SIGNS THAT A CLIENT NEEDS THIS COURSE?

- Greater desire for 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

KEY INSIGHTS TO CONSIDER/WHY MBTI®?

- 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.
- Any additional MBTI® focused courses would be great additions to consider:

LENGTH	COURSE
Half-Day+	MBTI 2 - Team Development
Half-Day+	Compelling Conversations
Half-Day+	Embracing Change
Half-Day+	Enhancing Emotional Intelligence
Half-Day+	Impactful Influencing
Half-Day+	Improving Decision Making
Half-Day+	Leader Development
Half-Day+	Stress Management

