



Understanding Your Work Preferences Using MBTI®

Understanding the personality type of both yourself and others will help individuals and teams to build authentic, collaborative and productive relationships at work. Using the world-renowned personality inventory MBTI®, participants will learn about their own personality type and that of their team members and how to use this knowledge to achieve optimal team performance. This workshop is highly interactive and engages the team in a powerful team building experience.

Who should attend

This workshop is designed for teams who want to improve their effectiveness. It is recommended that all team members and their leader attend the workshop.

Course duration

This is a half-day workshop. Typically, workshop times are 9.00am to 12.30pm or 1.30pm to 5.00pm. Workshop times can be adjusted.

Prior to attending

Prior to attending the workshop, all participants will be invited to complete the MBTI® personality inventory online. All results are confidential and thoroughly debriefed by an accredited MBTI® practitioner during the workshop.

What you'll need to bring

Each participant will receive a manual and individual profile report outlining their personality type including guidelines on how to improve performance at work as an individual and as a team member.

All you need to bring is pen and paper for taking notes.

Learning outcomes

At the completion of this workshop participants will be able to:

- Identify the benefits and uses of the MBTI® personality inventory
- Describe what is meant by “type” and “preference”
- Identify the four dichotomies which make up your personality type
- Verify your type preferences
- Identify strengths and blind spots in your team
- Identify opportunities to apply knowledge about personality type preferences in your team
- Create an action plan to enhance team performance.

Why use MBTI®?

The MBTI® personality inventory is one of the most widely used personality profilers in the world. Developed by Isabel Briggs-Myers and Katharine Briggs and based on the work of Carl Jung, this powerful tool is used to promote diversity and the appreciation of difference to build productive team relationships. It's backed by more than 70 years of scientific research and is used by 89 of the *Fortune 100* companies to maximise team and individual performance.

Want a deeper learning experience?

You can extend the workshop duration by adding one or more of the following skill builder modules:

- Influencing different personality types
- Managing conflict
- Improving team decision making
- Communicating with different personality types
- Managing stress

Each additional module adds approximately 90 minutes to the workshop duration.

Need a customised solution?

One of our highly experienced consultants will partner with you to design a solution to meet your specific needs. Call us today to discuss your needs.

About People Smart

We believe in being “people smart”. Our sole mission is to help people achieve productive and cooperative relationships at work, and the more “people smart” we are, the more likely we are to achieve this objective.

Other questions?

Contact us on (03) 8676 0734 or [on our website](#).