

Myers Briggs Type Inventory (MBTI)



building better lives



Would you like to:

- improve working relationships?
- enhance communication?
- strengthen problem solving strategies?
- develop your leadership style?
- manage change?
- value diversity?

MBTI will help you or your organisation to achieve any or all of these objectives.

MBTI is a well-respected tool in personal development, career development and planning and management. It also supports programmes for improving teamwork, relationships and interpersonal skills. Unlike many similar tools, MBTI offers clear pointers for maximising strengths and identifying areas for growth.

Widely supported by scientific research, MBTI is used in thousands of organisations across Europe including business colleges such as Henley and Cranfield and multi-national companies such as Microsoft, Shell, Coca Cola and Procter and Gamble. Medical schools, universities, charities, churches and public sector organisations also make extensive use of MBTI.

What will I have to do?

You will complete a short questionnaire which may be either online or paper based and takes around 20 minutes. The results generate a report about your category or 'type' which you'll discuss with a MBTI-qualified consultant. This meeting (lasting at least one hour) helps you to explore the eight different psychological preferences which form your type and to assess your type for yourself. Your self assessment combines with the questionnaire results to reveal your 'best fit type'. Your MBTI report gives you a detailed picture of your preferences, how they affect your work style, communication and problem solving and how to use that information to add value to your daily life, your work and your organisation.

Further coaching sessions can be arranged as required along with optional workshops for teams of any level, from top leadership to operational staff.

What are the benefits?

Your MBTI report will tell you in some detail how your preferences affect your work style, communication and problem solving.

It will help you learn:

- About yourself and where you fit into the framework of personality differences in positive and constructive ways.
- To appreciate important differences between people and understand how different types can work together in a complimentary way

This learning will help you

- Develop your leadership style
- Improve working relationships
- Improve communication
- Improve problem solving strategies
- Help manage change
- Value diversity

What needs to happen next?

If you are interested in this course contact judi@cmsvoc.co.uk or call Judi Haigue on 01484 434800