

## Myers-Briggs Type Indicator (MBTI) Workshop

<b>Overview</b>	This course introduces participants to Myers-Briggs Type Indicator, a concept designed to make Jung's theory of psychological types understandable and useful in everyday life
<b>Duration</b>	1-day
<b>Audience</b>	Anyone who wants to understand themselves and others better, in order to work more effectively
<b>Content</b>	<p>Upon successful completion of the workshop participants will be able to:</p> <ul style="list-style-type: none"> <li>• Understand how people take in information and how they prioritise that information to make decisions</li> <li>• Have clarity and comfort with their own work styles while constructively identifying possible blind spots and areas of vulnerability</li> <li>• Gain a logical, coherent structure for understanding normal differences among people in a host of work-related activities such as communication styles, teamwork, project management, time management, preferred supervision style and work environment, preferred learning styles and more</li> <li>• Understand the basis of motivation and identification of customary responses to stress</li> <li>• Outline a model for lifelong individual development</li> <li>• Demonstrate the value added by diversity within the organisation and work groups</li> </ul>
<b>Approach</b>	This facilitator led workshop involves the completion of the MBTI self-report questionnaire in conjunction with crucial background information regarding the instrument and a number of key hands on activities to cement the learning. Angela is an accredited MBTI facilitator with a wealth of experience in assisting individuals and teams understand behaviours and how to improve effectiveness personally and within the organisation.
<b>Materials Included</b>	Training manual. Questionnaire and Introduction to Type booklet.
<b>What To Bring</b>	Yourself and an open mind!
<b>In Short...</b>	This is a must-do workshop for teams who would like to work more effectively together! Come along and invest some time to understand yourself and others.

***“Wow... what a mind blowing course. Thanks to Angela we now truly understand ourselves and our team dynamics.”*** - Participant feedback in Sydney

***“Angela is an amazing facilitator! I learned so much about myself and have a strategy to deal with my group”*** - Participant feedback in Melbourne

---

**Lotus Project Consulting Pty Limited**

ABN 81150597818

[www.pmlotus.com.au](http://www.pmlotus.com.au)

Email: [info@pmlotus.com.au](mailto:info@pmlotus.com.au) Mobile: 0404 800 929