

## **MYERS BRIGGS TYPE INDICATOR (MBTI)**

The MBTI is the most widely used personality inventory in history. After more than 50 years of research and development, the current MBTI is administered to more than two million people a year in the US alone.

It provides essential information on an individual's personal style and preferences and is a valuable tool for individuals to:-

- leverage their natural strengths and develop wider skills
- build effective teams and resolve conflict
- better understand and appreciate differences in leadership style
- enhance effective communications between supervisors, peers, employees and customers
- resolve conflict
- develop wider skills

In all applications of the MBTI the emphasis is on understanding valuable differences between people. Knowing type not only helps you appreciate your own strengths, gifts and potential growth areas, but also helps you understand and appreciate how and why others may differ from you. Knowing that these differences are all valuable can truly lead to more constructive communication and better relationships in the workplace.

The MBTI report is used as a tool to assist the coach in working with individuals or teams so that they have a better understanding of themselves and how they use their natural strengths in the workplace. In addition, it may highlight opportunities where individuals or teams may wish to develop areas that fall outside of their natural preferences so that they can be more effective in the workplace.

Please call for further details.