MBTI® 1: Know Thyself
Understanding and Working with Personality Type to Appreciate Differences

WHY IT WORKS
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. Workshop participants will increase their understanding of personality type by learning about the Myers-Briggs® framework.

LEARN HOW TO
Develop greater self-awareness and awareness of others, and identify ways to use personality differences constructively to improve personal interactions and team performance.

IDEAL FOR
- Team Building
- Management and leadership training
- Coaching
- Organizational development
- Problem solving
- Relationship counseling
- Career development and exploration

DURATION
Half day + Workshop

FORMAT
Virtual
In-person

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

AGENDA
Half day + Workshop
- Welcome, Session Overview & Introductions
- Introducing the MBTI Assessment
- Your MBTI Self-assessment
- Your MBTI results and verifying your best-fit type
- Understanding the MBTI preferences
- Creating action plans
- Session Close, Review, Next Steps

Give us a call when you’re ready to Level Up!
leadstrat.com  800.824.2850