



Myers-Briggs Type Indicator (MBTI)

What motivates you?

What are your natural strengths and areas for growth?

How do you relate and interact with people who differ from you?

How do you deal with misunderstandings and miscommunication?

The Myers-Briggs Type Indicator, or MBTI, is a self-report questionnaire designed to explain and show the value of differences between people - it explains basic patterns in how we function as humans.

MBTI is used all over the world for a range of purposes, including:

- Team building & organizational development, particularly in times of change
- Management and leadership training
- Enhancing problem solving and decision making
- Personal development

The purpose of learning about your personality type is to help you understand yourself better, and then improve your relationships with others. The indicator also clarifies your strengths and provides feedback on areas for growth.

Applying the information and feedback from the MBTI questionnaire can move us from irritation with the differences in people, to acceptance. At work, we can move beyond acceptance to finding ways to use this difference constructively.

Contact us at 630-832-4399 to discuss how an MBTI session can enhance understanding and encourage cooperation within your team.

