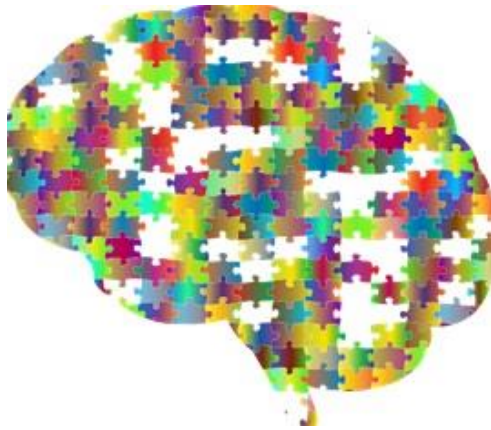


Understanding personality type using MBTI

Course Outline



Personality is a complex topic. We can be frustrated or bemused when we don't get why others behave as they do, or the shoe is on the other foot and we confuse them.

A basic understanding of behavioural and thinking styles can reap big rewards by equipping us to recognise how our behaviour is perceived by others, and can show us how to change our behaviour or communication so that we are better understood.

The Myers Briggs (MBTI) questionnaire provides us with a framework that helps us to get to grips with ourselves and our colleagues. Once we understand the four dimensions and know where we fit into them, we can improve our working relationships and team dynamics.

Content

- Completing the MBTI Questionnaire
- Understanding the dimensions of behaviour and the MBTI framework
- Accepting our own behavioural style
- Understanding how we are perceived by others and the impact this has
- How people are different, and how we can adapt our approach to improve relationships
- How does your type deal with stress or change?
- What different types seek and avoid



Outcomes

By the end of the day, you will:

- Understand the MBTI framework
- Be able to describe your behavioural style
- Be able to recognise behavioural traits in others and know how to respond
- Be aware of your perceived strengths and weaknesses
- Have planned how to adapt your behaviour to be better understood

About Our Training

All our courses give you:

- An insight into current thinking and good practice
- A range of practical tools and strategies you can use to help you do the job better
- Space to reflect on your current skills and behaviour

Every course will be enjoyable, engaging, interactive and fast paced.

Training should never be a drudge. We believe that learning is inextricably linked to enjoyment. The better the experience, the greater the learning. We always have a light touch and an easy manner that makes it easy to engage with the topic at hand.

There is no chalk and talk or death by PowerPoint here. All the content will be relevant, too. We are always purposeful and focused and haven't got time to waste building towers out of straws. We are much more concerned with seeing pennies drop, lightbulb moments and equipping you to thrive at work.



Get in touch to find out what we offer and how we can help you.

