

Workshop Title

MBTI® - Myers Briggs Type Indicator

Length of Workshop

Varies on course objectives

Audience

Anybody who is open to discover more about themselves and others in order to be able to strengthen how they deal with work and life and the people within it.

Location

UK Nationwide

Number of Delegates

Min 8 / Max 24

Purpose of the Course

The MBTI workshop is an opportunity to be introduced to a psychology methodology that describes people differences positively. Delegates will judge their own preferences against this well-known model and discover others types during the session. MBTI can be used to improve leadership, change, managing others, career development, emotional intelligence, influencing, decision making, communication, teamwork, resilience and conflict.

Course Objectives

By the end of this learning journey you will:

- Discovered your preferences on focussing energy, information trusting and gathering, decision making and your lifestyle
- Taken part in exercises designed to help you decide your preferences and share ideas around the differences
- Discussed how you are perceived and how to perceive others with better understanding of differences
- Have a clear 4 letter type, one of 16 possible using this indicator
- Action planned what you will do differently as a direct output from this sessions discoveries

Course Overview

Best practice and useful models – *Discovering the Myers Briggs Type Indicator theory*

Methodology: delegates will experience analogies, trainer led activities and group work which will engage and assist in the delegates understanding of the model, themselves and others

Embedding the learning

Methodology: delegates get the opportunity to discuss with colleagues their type and how the different types interact with one and other

This training workshop can be delivered on site at your location anywhere in the UK and the trainer would bring all materials required for the training session.

Contact FP Training Services for more information on this workshop or to find out about further training courses / workshops and to discuss your individual training requirements.

Email: training@myfutureprospects.com
Call us on: 0843 289 6221 / 01636 343034