

# Myers-Briggs Type Indicator

*Understanding yourself and others.*

## Program Details

Why do some people “think out loud” and others need time for reflection and quiet thought? Why do some people make their decisions in a very objective, fact-based manner and others go with more of a “gut feeling” approach? Why do some people keep a detailed agenda and have long to do lists while others keep their time flexible to deal with what comes up in the moment? Because we are all unique human beings with different preferences based on our personalities.

The Myers-Briggs Type Indicator (MBTI) is an assessment designed to measure psychological preferences in how people work, communicate, interact, perceive the world and make decisions. Axxel HR will administer the assessment, generate the individual and team reports and facilitate a fun and interactive teambuilding session that will result in a greater understanding of the individual and team interaction.

## Training Outcomes

- Analysis of individual team member MBTI results
- Creation of an MBTI team profile and subsequent analysis of the team dynamics and functioning
- Identification of team strengths and how to enhance performance by leveraging the strengths of the individual and the team
- Identifying team blind spots and how they impact performance.
- Identifying team problem solving techniques and workshop the ideal flow of problem solving utilizing the team strengths
- Identifying team communication patterns, how to leverage strengths and address any gaps
- Identifying conflict resolution patterns
- Action Planning



**Training Length**

**Half Day**