

Understanding Personality Types Using Myers Briggs Type Indicator

One Day Workshop

The Myers Briggs Type Indicator (MBTI) is an instrument that will help you identify your strengths and unique attributes. You can use the information to better understand yourself, your motivations, your strengths and your potential areas for growth. It is an aid in better understanding and appreciating those who differ from you in both your personal and professional lives, particularly in the context of your work team.

Understanding the MBTI instrument type is self-affirming and enhances cooperation and productivity. It is not a tool that 'boxes' you, rather it is a tool to help you understand your preferences, and others, in the areas of leisure, employment and relationships. It is a framework for understanding human behaviour.

The Myers Briggs Type Indicator is used in the areas of:

- Self development
- Career development and exploration
- Relationship counselling
- Academic counselling
- Organisation development
- Change Management
- Selling
- Problem solving
- Management and leadership training
- Education and curriculum development
- Team building
- Diversity and multi-cultural training
- Coaching and mentoring
- Communication Training
- Health Care
- Grief Counselling
- Conflict Management

OVERVIEW

The workshop can be applied to individuals (on a one-to-one coaching/mentoring basis) and to small and large groups. Through the process of understanding self, through personality indicators, individuals reflect on their own: strengths; potential difficulties; communication and learning styles; career and work preferences/directions; team role and leadership style; causes of stress; behaviour under stress and ways to reduce stress.

Workshop Outcomes

- Help individuals find direction for their lives by understanding the strengths and gifts of their personality preferences.
- Help teams learn the value of both their differences and similarities.
- Help individuals follow their different roads to excellence without external disparagement or internal guilt, particularly as differences relate to temperament types.
- To help group members recognise, appreciate and make use of the strengths of each type in the group.
- To help group members grow in their development as each learns from the skills of the other.
- To conduct meetings so as to take advantage of the contributions of each type.
- To help those who work and live together to understand how previously irritating and obstructive differences can become a source of amusement, interest and strength.
- To learn the approaches most likely to earn the cooperation and agreement of each type.
- To increase understanding by "talking the language" of the different types in the group.
- To create a climate where differences are seen as interesting and valuable, rather than problematic.

PRESENTER

Helen Witcombe is a specialist in Vocational Education and Training and consulting with more than 25 years experience. She has worked in schools at senior executive level, in TAFE and University and has consulted across industry for 10 years. Helen has delivered leadership and management training to many government departments including Defence, DEEWR, Education and Veteran's Affairs. Helen has also delivered to the private sector, particularly in the building and construction industry.

Helen is a specialist in psychological profiling, program development and leadership training.

Helen is an enthusiastic and supportive trainer with the ability to engage the attendees, provide lots of humour and anecdotes and still ensuring everyone leaves with new skills and a positive attitude.

Schedule	
9:00am	Welcome. Type Theory and the Myers-Briggs Type Indicator (MBTI/ Majors PTI) – overview Participants complete a self-scorable instrument.
10:00am	Self-select process (theory and activity) Preference Characteristics Extraverted (E) or Introverted (I) Sensate (S) or iNtuitive (N) Thinking (T) or Feeling (F) Judging (J) or Perceiving (P) Comparing the 'test' result with the self-selection – interpret and analyse the differences (if applicable)
11.00am	<i>Morning Tea (20 Minutes)</i>
11.20am	Temperament Theory Are you a: Guardian SJ Artisan SP Rationalist NT or an Idealist NF
	Understanding personality and your natural talents - Comprehensive descriptor of personality type
1.00pm	<i>Lunch (45 minutes)</i>
1.45pm	Stress and the Inferior function: Type Descriptors – What causes you stress; How do you express stress and how do you 'control' stress?
3.00pm	<i>Afternoon Tea (20 Minutes)</i>
3.20pm	Team Roles in type Role preferences in the workplace/Career focus
4.15pm	Designing your Personal Action Plan – Review and Evaluation
5.00pm	Finish

Enrolment Form - Understanding Personality Types Using MBTI

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to courses@acorntraining.com.au

Venue: Acorn Training Centre, 74 Townshend St, Phillip ACT
Date:
Time: 9.00 a.m. to 5.00 p.m.

Attendee's name	Email address	Date(of workshop)
1.		
2.		
3.		
4.		

Organisation _____ Branch/Division _____
 Address _____

Phone No _____ Fax No _____

Payment Details

Total price \$645 x _____ attendees = \$_____ \$595 early bird price (early bird applies up to three weeks before the date of the workshop).

1. Credit Card (Amex, Diners, Visa, MasterCard, Bankcard)

Name _____ Card No _____

Expiry date _____

2. Invoice

Signed off by _____ Name _____

Email invoice to: _____

Terms: Payment is due on or before the day of the course. Cancellation is accepted more than seven days prior to the course date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day incurs an administrative fee. We suggest you send a substitute if you can't come at the last minute.

If you do not wish to receive these updates place remove in the subject line of a return email.