



# Self-Guided International Certified Type Professional Certification Program

## Outline & learning modules



**QAMAR CONSULTING**  
Discovering Potential & Optimizing Performance

# Program Outline

The Vision of this certification program is to inculcate the essential knowledge and skills you need to apply the Personality Type insights in different professional settings worldwide



The program contains 16 learning modules. This program prepares you to assess the Personality Types in Individual and group settings using the Five Step Personality Type assessment model developed by Dr Qamar. You will be given Personality Types that can be used in professional practice with real-world clients.

## Self-paced Learning

These learning modules include a range of text documents, online interactive activities, and many important booklets to be used in your practice with Dr Qamar ul Hasaan..

## How it works

Dr Qamar UI Hassan has devised the ICTP (International Certified Type Professional) in a way that makes it easier to learn. There are learning modules which you can read according to your pace. Each module can be learned through the document you will receive after the subscription. When you are in the course program, you'll have the opportunity to discuss your learning later. If you have questions, they will be answered by Dr Qamar UI Hassan.

MODULE

01

# Exploring the Type Preference Framework

**Estimated time to complete:** 1 to 3 hours



**Learning assignment:** The content is consists of;

- Jung's theory and its development
- Vision and background idea of the preferences in daily life
- Understanding the four preference pairs
- Preference-based behavioral differences

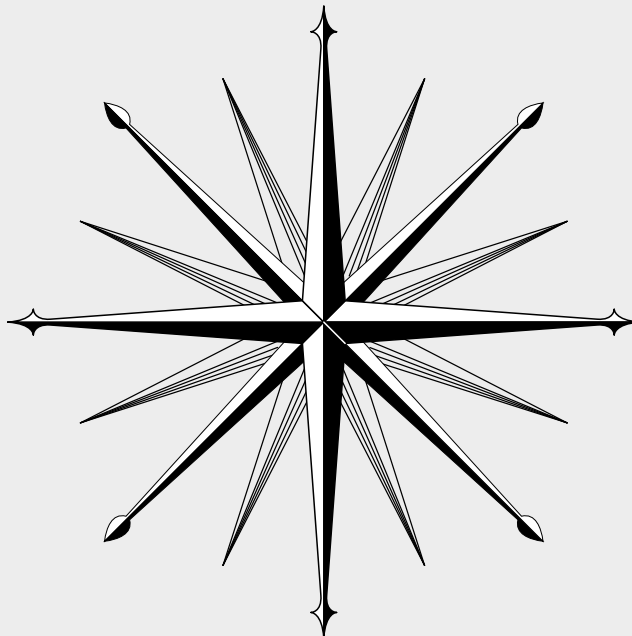
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## Learning Outcomes



After completing this module, you will be able to;

1. Define and discuss the eight preferences in light of Jung's theory.
2. Compare the characteristics of the four preference pairs.
3. Connect analogies and anecdotes to illustrate the differences between preferences



MODULE  
**02**

# Type vs. Trait Explanation

**Estimated time to complete:** 30 minutes to 1 hour



**Learning assignment:** The content consists of;

- Compare Type and Trait
- Explain the key differences

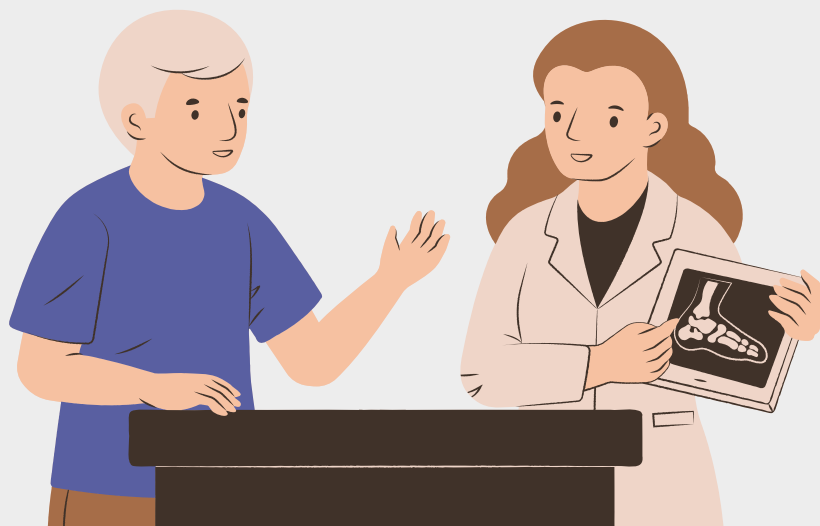
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## Learning Outcomes



After completing this module, you will be able to;

1. A comprehensive way to identify and compare appropriate resources to support an individual's exploration of Type vs Trait.
2. Assess a range of situations to determine their differences
3. Apply your new knowledge to integrate into individual or team development sessions.



MODULE

03

# Nurture by Nature

**Estimated time to complete:** 2 hours



**Learning assignment:** The content consists of

- Most optimal ways of human development based on Personality Types
- Different forms of optimal growth of individuals

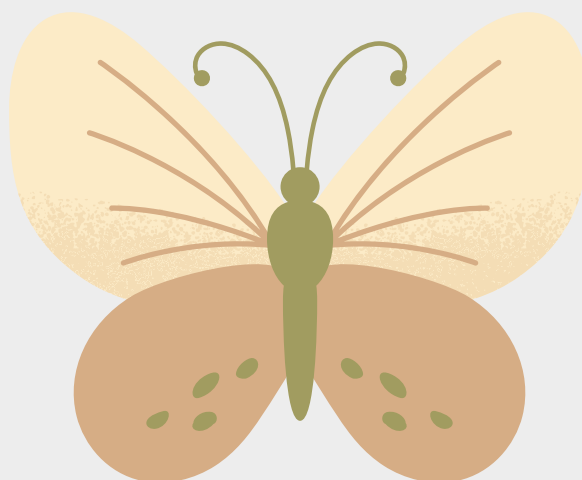
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## Learning Outcomes



After completing this module, you will be able to;

1. Learn the most effective parenting and human development methods based on Personality Types.
2. Learn to facilitate the different Types of development



MODULE

04

# Type-Based Group Feedback

**Estimated time to complete:** 2 hours



**Learning assignment:** The content consists of;

- Introducing the Five Steps Method.
- Interactive discussion and activity where it needs.
- Your Personality Type Self-rated results and best-fit Type

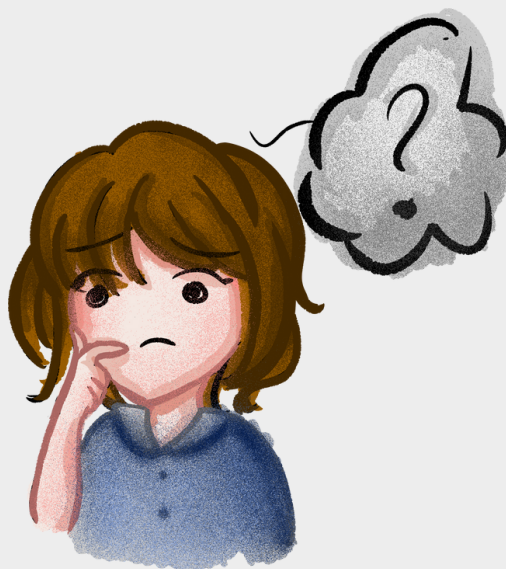
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## Learning Outcomes



After completing this module, you will be able to;

1. Explain the term “preferences” in relation to the Type Based framework.
2. Identify your own Personality Preferences.



MODULE  
**05**

# The Personality Type Feedback Process

**Estimated time to complete:** 3 to 4 hours, plus learning assignment (approximately 4 hours)

**Learning assignment:** The content consists of;

- The importance of feedback
- Feedback on the best practices



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## Learning Outcomes

After completing this module, you will be able to;

1. Facilitate the knowledge in a way to demonstrate the meaning of preferences in the Type Discovery framework.
2. Identify practical considerations to discuss while conducting an online discussion with students
3. State preference definitions, compare characteristics of the preference pairs, and relate analogies and anecdotes to bring the preferences to life.
4. Discuss the 16 Types to help respondents who are unsure of their preference.
5. Apply your knowledge to deliver successful feedback to individuals.



MODULE  
**06**

# Type Dynamics and Development

**Estimated time to complete:** 2 to 3 hours,  
plus learning assignment (approx. 1 hour)



- Understanding the eight cognitive function and their role in development
- Understanding the role of dominant, auxiliary, tertiary and inferior functions.
- Role of Type dynamic in happiness & stress.

**Learning assignment:** Practice discussing Type dynamics and development with one of respondents who join course with you

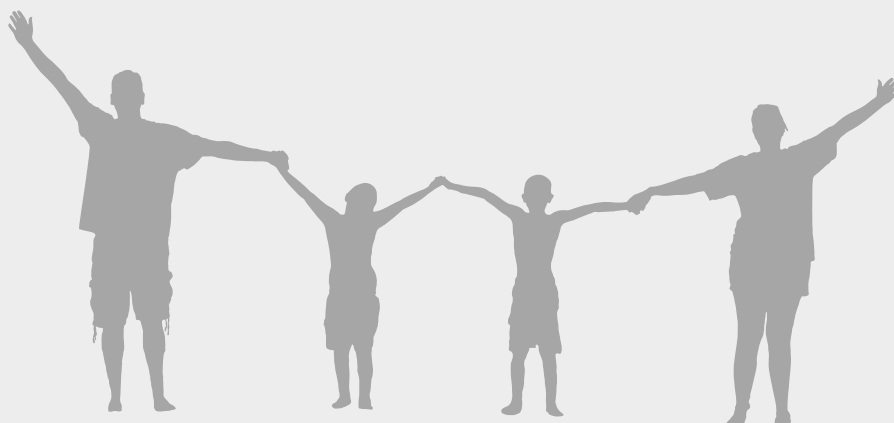
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## Learning Outcomes



After completing this module, you will be able to;

1. Explain the importance of Type dynamics, how it is important for growth.
2. Name and find the four mental processes and relate an analogy to illustrate their relationship.
3. Compare characteristics of the four mental processes in their extroverted and introverted forms.
4. Apply "Type Discovery in Five Steps" devised by Dr. Qamar UL Hassan.
5. Utilize your knowledge to discuss Type dynamics and discovery with course fellows.



MODULE  
**07**

# Applications of Type Dynamics

**Estimated time to complete:** 2 hours and 45 minutes



**Learning assignment:** The content is consists of;

- Type dynamics reinforcement.
- How to figure out type dynamics.
- Type dynamics activities assigned for practice.

## Learning Outcomes



After completing this module, you will be able to;

1. Explain the role of the Judging–Perceiving preference pair in Type dynamics and the importance of balance.
2. Describe & explore the influence of Type dynamics on stress reactions.
3. Apply appropriate resources and activities to illustrate the relationship between Type dynamics and a range of personal and professional development applications.



MODULE  
**08**

# Ethical use of "5 Step Type Discovery Model" By Dr. Qamar

**Estimated time to complete:** 1 to 2 hours



**Learning assignment:** The content is consists of;

- Administering the "Type Discovery In Five Steps."
- Using "5 Step Type Discovery Model" in an organization.

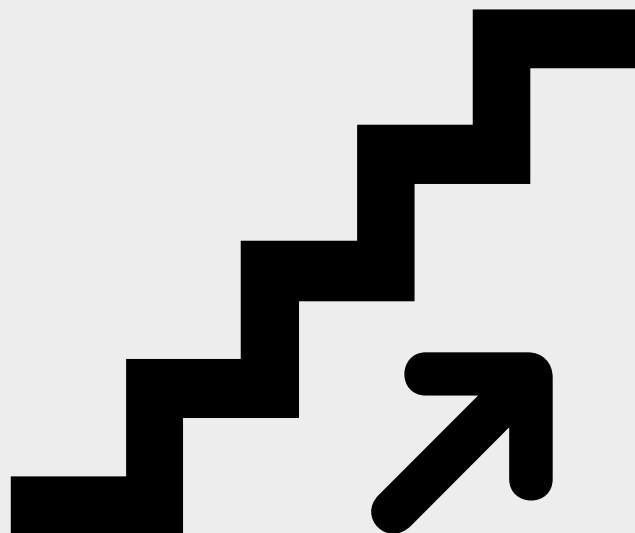
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## Learning Outcomes



After completing this module, you will be able to;

1. Align the administration process and the role of the professional when administering this method.
2. Assess & respond to a range of ethical situations following the best practices.



MODULE  
**09**

# Apply Personality Type Framework

**Estimated time to complete:** 1 to 2 hours



**Learning assignment:** The content consist of;

- Exploring the Personality Type table.
- Applying the Type table for team development and growth.
- Enhancing & applying Type to explore decision-making, leadership development, and conflict resolution..

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## Learning Outcomes



After completing this module, you will be able to;

1. Describe key preference combinations (Type lenses) including the process pairs and orientations.
2. We teach you to compare activities and identify the appropriate options to explore Type-based differences in a team or work group.
3. Use Type-based insights for action planning with teams and work groups. 1. 2. 3. The content of this module also contributes to the learning outcomes for module 8



MODULE  
**10**

# Apply Personality Type with Team

**Estimated time to complete:** 1 to 2 hours



**Learning assignment:** The content consist of

- Understanding 16 Personality Types and their role in effective team building.
- Learning team analysis using Personality Types.
- Building effective team using Personality Type insights.

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## Learning Outcomes



After completing this module, you will be able to;

1. Analyze team performance using Type insights.
2. Build effective team for high performance and productivity.



MODULE  
**11**

# Personality Types and Career Development

**Estimated time to complete:** 2 hour



**Learning assignment:** The content consists

- Role of dominant and auxiliary functions in developing career and professional excellence.
- Career management using Personality Type insights.

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## Learning Outcomes



After completing this module, you will be able to;

1. Determine how the dominant and auxiliary functions play a vital role in career development.
2. Choose the suitable career option using Personality Types insights.



MODULE  
**12**

# Personality Types and Effective Teaching

**Estimated time to complete:** 2 hours and 30 minutes



**Learning assignment:** The content consists of

- Learning of the role of Personality Types in effective teaching and learning.
- Participants will learn how to communicate effectively with different Types of students in classroom settings.

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## Learning Outcomes



After completing this module, you will be able to;

1. Understand the role of the teacher as a leader developer.
2. How to communicate the different subjects with the students in the class room with different learning styles.



MODULE  
**13**

# Personality Type and Leadership

**Estimated time to complete:** 2 hours and 30 minutes



**Learning assignment:** The content consists of

- Why Personality Type is important for corporate and human resource personnel.
- How to increase the productivity and performance of individuals in organizations.
- How type can be used for leader development in organization.

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## Learning Outcomes



After completing this module, you will be able to;

1. Learn to increase productivity and well-being of personnel In organizations.
2. The corporate and HR members will learn the techniques to deal with different Personality Types and how to make an effective team.
3. Learn the art of optimal leader development.



MODULE  
**14**

# Personality Type and Relationship

**Estimated time to complete:** 2 hours and 30 minutes



**Learning assignment:** The content consists of

- How Personality Type is important in understanding the reasons for conflicts among partners.
- How to manage the partner's expectations to ensure a happy marital life.

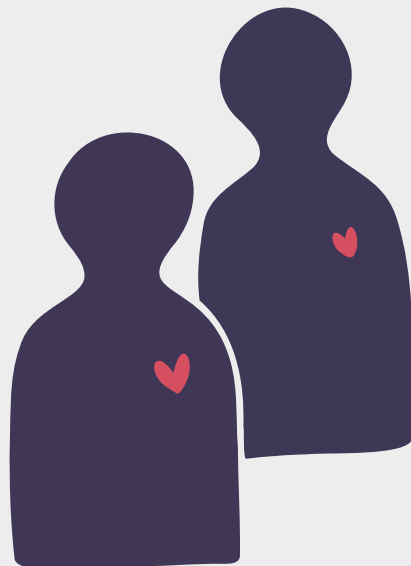
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## Learning Outcomes



After completing this module, you will be able to;

1. Understand how to appreciate the contribution of both partners in a relationship.
2. Understand each others communication style.
3. How couple can live a happy marital life.



MODULE

15

# Parenting by Type

**Estimated time to complete:** 2 hours and 30 minutes



**Learning assignment:** The content consists of

- Why Personality Type is important for parents and their parenting styles.
- How this Personality Type effects children of different ages and how parents can better nurture their kids in different life stages.

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## Learning Outcomes



After completing this module, you will be able to;

1. Understand the Types of kids and their appropriate nurturing styles.
2. Develop strengths of unique parenting styles



MODULE  
**16**

# The Personality Types Product Portfolio

**Estimated time to complete:** 2 hours and 30 minutes



**Learning assignment:** The content consists of

- Reports in career development, teaching, parenting, relationship, corporate and professional development.

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## Learning Outcomes



After completing this module, you will be able to;

1. Understand all the Personality Types reports like career, parenting, corporate and relationship.
2. How to guide and debrief the participants on the usage of Type materials in different applications.



# Becoming an ICTP® Certified Practitioner

To become an ICTP Certified Practitioner, you need to:

1. Complete all the learning modules.
2. Complete all the learning assignments, including practicing the feedback and one short follow-up discussion (module 4 and 5). Full details for each learning assignment are included in the learning.
3. Pass an exam with a result of 80% or more. You will have two attempts to pass the exam. If you don't pass the exam on your second attempt, our learning team will be in touch to discuss your next steps.

**You can complete this self-guided program at your own pace. The sample schedule on the next page provides one example of how you might organize your learning over three months.**

# SAMPLE SCHEDULE

**WEEK**  
**1**

- Complete module 1 and 2.

**WEEK**  
**2**

- You can spare 1 hour every day to learn it gradually
- Start exploring module 3

**WEEK**  
**3**

- Complete module 3 and your first practice feedback session

**WEEK**  
**4**

- Complete module 4, including the learning assignment (2 to 4 hours)

**WEEK**  
**5**

- Go through the course content for asking questions in a session, Module 5 (2 hours and 45 minutes)
- Complete module 6 (1 to 2 hours)

**WEEK**  
**6**

- Complete module 7 (1 to 2 hours)
- Attend the third instructor-led session, module 8 (2 hours and 45 minutes)

**WEEK**  
**7**

- Complete modules 9 and 10 (2 to 4 hours)

**WEEK**  
**8**

- Complete modules 11 and 12 (3 to 5 hours)

**WEEK**  
**9**

- Complete modules 13 and 14 (2 to 3 hours)
- Complete the module 15

**WEEK**  
**10**

- Take the exam and after successful completion collect the certificate of ICTP Certification.
- Complete module 16.
- Complete the evaluation survey at the end of the program (15 minutes)

## NOTE TO FOLLOW:

The total time required to complete this program is 3 months, including online/offline learning assignments. This course consists of text documents, PPT and Type-booklets along with video lectures that you can use to attempt the exam if you have any questions during the program you can ask anytime.



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