

**full day
MBTi
master class**

UNDERSTAND YOURSELF AND OTHERS WITH THE MBTI®

- **Learn how your personality profile affects the way you make decisions**
- **Develop your ability to manage the different personalities in your team**
- **Design strategies for building more effective team relationships**

Learning to understand your own strengths & preferences and those of other people by using the Myers Briggs Type Indicator (MBTI)



CENTER FOR TYPE DEVELOPMENT

UNDERSTAND.DEVELOP.SUCCEED

UNDERSTANDING YOURSELF AND OTHERS WITH THE MBTI

Overview

The MBTI was developed by Katherine C Briggs and Isabel Briggs Myers and is based on Carl Jung's theory of "Psychological Types". The system consists of sixteen profiles. Knowing your own profile allows you to appreciate your natural strength and any possible weaknesses or "blind spots". There is, of course, no perfect type so by gaining an awareness and appreciation of other people strengths and preferences it is possible to become a better leader, manager or team player as you take into account individual contributions and work more effectively.

LEARNING OBJECTIVES By attending this highly intensive full day course you will

- **Understand your own personality profile**
- **Gain an insight into what 'types' of people are in your team and the strengths they bring to the team**
- **Consider how you can improve your effectiveness**
- **Focus on development of their weak areas**

Who should attend?

This is a fast paced, intensive and interactive full-day workshop is ideal for any person who has to work extensively with other people (e.g. Managers, Team Leaders, Project Managers, Sales People, Account Managers, and Business Partners etc).



CENTER FOR TYPE DEVELOPMENT

UNDERSTAND.DEVELOP.SUCCEED

UNDERSTANDING YOURSELF AND OTHERS WITH THE MBTI

Pre-Workshop Preparation

In advance of the workshop, participants will be asked to complete an online version of the MBTI. The full report will be fed back to them during the full-day workshop.



CENTER FOR TYPE DEVELOPMENT

UNDERSTAND.DEVELOP.SUCCEED

UNDERSTANDING YOURSELF AND OTHERS WITH THE MBTI

WORKSHOP CONTENTS

Understanding the MBTI

Looking at the four scales that combine to make up the sixteen possible MBTI personality profiles

- Where you focus your attention – Extrovert or Introvert
- The way you take in information – Sensing or Intuition
- The way you make decisions – Thinking or Feeling
- How you deal with the outer world – Judging or Perceiving

What's my Type... What's your Type?

- Self-assessment against the four main MBTI scales
- Feedback on your preferences from the completed questionnaire

Understanding your preferences

- Thinking about the strengths and weaknesses that might be suggested by your profile
- Consider how to maximize the strengths
- Assessing how to minimize or address possible weaknesses

Learning and Action Planning

- Improvement in performance
- Improvement in interpersonal relationships
- Finding ways to manage personality clashes based on an understanding of people's profiles
- Capturing and summarizing key learning points
- Creating plans to apply the learning into the workplace



CENTER FOR TYPE DEVELOPMENT

UNDERSTAND.DEVELOP.SUCCEED

UNDERSTANDING YOURSELF AND OTHERS WITH THE MBTI

FEEDBACK

Numbers are limited to twenty per course to maximize the participation in the program. Each participant is given a detailed MBTI assessment that helps them to appreciate the building blocks that make up their own (and other people's) personality profiles. The attendees will gain a more detailed understanding of the strengths and weaknesses of them and an appreciation of how their learning can work more effectively in the future.

CONTACT

Address: Suite # B-3 & B-6, 64/21 Miran Mohammad Shah Road,
Mohammad Ali Housing Society, Karachi 75350

Telephone: +9221-34554695

Website: www.ctd.org.pk

Email: info@ctd.org.pk



CENTER FOR TYPE DEVELOPMENT

UNDERSTAND.DEVELOP.SUCCEED