



Communication Effectiveness with Myers-Briggs

Workshop Duration: 1 Day

Facilitation in English (aussi disponible en français)

Workshop Description

In all aspects of our lives, we find it necessary to communicate effectively—but we often find that we lack skills and insights when it comes to connecting with others to the point of reaching true understanding. The MBTI (Myers-Briggs Temperament Indicator) is one of the most popular and respected tools available to help you better understand your own communication type preferences and how to successfully communicate with different personality types.

This dynamic, interactive workshop is based on understanding and applying MBTI principles. The workshop includes an MBTI type assessment, along with several exercises designed to quickly develop your skills in applying MBTI principles, based on your type. A user-friendly participant handbook is also included, for your use after the course.

Who Should Attend

Project managers, management staff, employees

What You Will Learn

- The basic principles of the MBTI (Myers-Briggs Temperament Indicator)
- The eight different “preferences” of the MBTI and what they mean
- Your own Myers-Briggs “type”—based on the results of a self-assessment instrument
- How personal preferences impact team communication
- How to use MBTI to understand yourself and others
- How to read “clues” and gain insight into someone else’s communication preferences
- Techniques for giving and receiving feedback
- How different Myers-Briggs personality types deal with conflicts and address problems
- How to avoid counterproductive communication with others, based on MBTI types
- How to construct a personal development plan based on your Myers-Briggs type

At the end of this workshop, you will be equipped to:

- Understand and apply MBTI principles
- Better strategize how to improve your own communication behaviours
- Communicate and connect more effectively with others in your personal and business life
- Share insights and develop strategies with others who are familiar with this popular personality profile instrument

