

What is it?

The Myers-Briggs Type Indicator (MBTI[®]) is a personality typing tool which enables people to look at themselves and others through new and fascinating lenses. With an understanding of their innate personality preferences, people can leverage their own strengths whilst being aware of potential blind spots. This enables individuals to recognise value and ultimately harness differences in themselves and others to achieve desired outcomes, individually and collectively.

Who is it for?

- Individuals who want to get the best from themselves through understanding their impact on and interaction with people around them.
- Leaders who want to get the best from their people.
- Teams who want to maximise their strengths, appreciate their differences and work collaboratively to achieve great results.

Content Covered

All of our MBTI events begin with a session to uncover an individual's "best fit" type as this is the starting point for personal or team transformation. We then explore how MBTI can best be used to understand and appreciate strengths and blind spots in various areas, e.g. communicating and influencing, conflict, navigating change or dealing with stress.

Learning Outcomes

At the end of each session people will:

- Know their own MBTI type and appreciate their preferences and blind spots
- Have an increased level of awareness of their impact on others
- Be open-minded and appreciative of others' differences
- Be prepared to flex communication style or behaviour to transform relationships and results

How it is delivered

With your organisation

- Half day group session for open groups or teams introducing MBTI
- Half day group session for open groups (not teams). Questionnaires are completed prior to the session and Best Fit Type is explored within the session
- One day group session for teams. Questionnaires are completed prior to the session, Best Fit Type is established within the session followed by an exploration of team dynamics
- Half / One day group session for teams seeking to explore further. Options include: Communication / Conflict / Change / Stress
- Individual 90 minute feedback and coaching session exploring Best Fit Type in depth.

With individuals

- One Day Public Course introducing and exploring MBTI in depth. Questionnaires are completed prior to the session and Best Fit Type is explored within the session
- One to one - 90 minute coaching session exploring Best Fit Type in depth.



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Call us on: 01249 447774 or email: enquiries@nov8.biz. We'll get right back to you.

