

Discovering Your Gifts ***Understanding the Myers-Briggs® Personality Types***

Keynote Program:

Have you ever met someone and everything just clicks?
Or, have you had the opposite happen? Nothing seems to work out right?
Have you ever wondered where someone is coming from?
Do you ever wish you could figure out why people think the way they do?

Keynote Objectives:

- Discover your Myers-Briggs® 4-letter type
- Observe the differing styles of others in action
- Explore ways to improve communication with each style

During this session, participants will laugh and cringe at human behavior! We describe various differences and the funny things we do. We begin to understand why people react differently to the same situations once we discover the root of our motivations.

We all have gifts, but what you might not have thought about is that many other people possess gifts that are *equal* to and opposite of, yours. At home or at work these differing preferences are alive and active in our relationships.

Amidst the various differences in type, many find this information grounding. The Myers-Briggs descriptions unravel the core of our thoughts, feelings, and decisions.

Move from frustration and friction to humor and appreciation. Start seeing how we can, as individuals and teams, complement one another's strengths and compensate for one another's blind-spots. We learn, as couples, teams and as groups, how to improve decisions by making them together.

Understanding personality differences and improving communication are the main goals of this program.

Interactive and inspiring.
Guaranteed to leave your audience wanting to learn more!

Jennifer Rousseau Sedlock