

## **Discovering Your MBTI® Type**

### ***Understanding the Myers-Briggs® Personality Types***

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?

#### **Session Objectives:**

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

We all have gifts (otherwise called strengths, abilities, interests or skills) and an innate desire to develop some of them. We can identify our own gifts and learn that others possess some *equal* and opposite gifts to ours.

Understanding these differences helps re-frame our current information and the ideas we hold about one another. At home or at work, these differing preferences are alive and active in our relationships. By nature, we want others to see things the way we do. Participants learn to move from frustration (friction encountered with others) toward appreciating these differences. As individuals and in teams, we learn how to complement one another's strengths and compensate for one another's blind-spots. Teams make better decisions together.

Increased understanding of personality differences and improving communication are the main goals of this program. This can serve as a foundational training for teambuilding. The various differences in type are grounding for many individuals. Particularly, for those who have contemplated why we are the way we are, why we like the things we like, and how we may act or respond differently.

This session is a pleasant surprise: interactive and inspiring. Participants have the opportunity to laugh at human behavior. Guaranteed to leave your audience wanting more!

***Jennifer Rousseau Sedlock***