

Myers Briggs and you

Exploring and interpreting the Myers Briggs Type Indicator and its practical everyday use.



Do you want to know more about yourself?

Then this is the workshop for you!

About this workshop

The Myers Briggs type indicator is a well-known and respected personality measure. You may have heard of it, you may even know your 'type', but what can it actually do for you? Understanding yourself more fully can offer you powerful insight and direction on a range of important life issues. For example, how you deal and interact with others, how you react to stressful situations or even how you choose and manage a career.

This workshop provides an interactive and informative environment where a group of individuals can work together to understand their own preferred ways of behaving and the preferences of others. At Thompson Dunn our consultants are exceptionally experienced in using the Myers Briggs in a variety of settings and are experts at facilitating personal learning with it.

You will experience and learn

Where you draw your energy from, how you gather information to make your decisions and the way you like to organise your time.

Through group activity you will discover how your preferences influence your communication and behaviour at work and at home. Discover your strengths and the strengths of others and be aware of those things that can affect your stress levels.

Who this course would benefit

- Managers in need of employee insight and teambuilding
- HR professionals looking to understand employee behaviour
- Anyone interested in knowing more about themselves