

MBTI® 1: Know Thyself

Understanding and Working with Personality Type to Appreciate Differences



Leadership
Strategies 

WHY IT WORKS

MBTI® will help you put words to what you need to function optimally at work and in your personal life. The more you understand yourself, by default, you increase your understanding of others. Workshop participants will increase their understanding of personality type by learning about the Myers-Briggs® framework

LEARN HOW TO

Develop greater self-awareness and awareness of others, and identify ways to use personality differences constructively to improve personal interactions and team performance.

IDEAL FOR

- **Team Building**
- **Management and leadership training**
- **Coaching**
- **Organizational development**
- **Problem solving**
- **Relationship counseling**
- **Career development and exploration**

DURATION

Half day + Workshop

FORMAT

Virtual
In-person

OBJECTIVES

- Increase your understanding of personality type by learning about the Myers-Briggs® framework
- Develop greater self-awareness and awareness of others
- Identify ways to use personality differences constructively to improve personal interactions and team performance
- Receive an overview of a positive, psychometric assessment used to access the inner workings of people.
- Discover tools that provide common vocabulary for how people are innately designed.
- Create a personal action plan that encourages follow-through

AGENDA

Half day + Workshop

- Welcome, Session Overview & Introductions
- Introducing the MBTI Assessment
- Your MBTI Self-assessment
- Your MBTI results and verifying your best-fit type
- Understanding the MBTI preferences
- Creating action plans
- Session Close, Review, Next Steps

leadstrat.com 800.824.2850

Give us a call
when you're ready
to Level Up!



Level up. 