

## MBTI for Leadership and Team Effectiveness

### *Understand Self and Others Using MBTI (Myers Briggs Type Indicator)*

**Length:** 1 Day

**Course Description:** Participants will be able to identify their own and others' preferred styles, accept and appreciate differences, and communicate more effectively with teammates.

## COURSE CONTENT

- I. Personality Type
  - Personality definition
  - Your Unique Personality
  - Proper Use of MBTI
  - Four Elements of Behavior
  - Personality Types
  - 16 Personality Types at Work
  - Your Team MBTI profile
  - Characteristics of Type
- II. Communicating with Other Types
  - Extraversion/ Introversion Exercise
  - Sensing Intuition: an Experiment
  - Zig-Zag Method of Problem Solving Exercise
  - Judging Perceiving Exercise
  - Style Differences at Work
- III. Impact of Type on Leadership Behavior
  - Types in Leadership Role
  - Reflections on Leadership Style Exercise
  - Giving and receiving effective feedback
  - Communicating with Type in mind Exercise I, Positive Feedback
  - Communicating with Type in mind Exercise II, Developmental Feedback
  - The Four Temperaments
- IV. Impact of Type and Temperament in Teams
  - Appreciate your team mates
  - Talking with people of various Types
  - An Exercise about Differences in Providing Direction
  - Implementation Actions
  - Leadership Development Action Planning
  - People need Opposite Types
  - Closing Thoughts
  - Individual Reflection: Getting Along – Words of Encouragement (DVD Presentation)