

MBTI Workshop

Overview

The quality of working relationships, both within a team and with colleagues in any business, is fundamental to its success. MBTI (Myers-Briggs Type Indicator) allows people to develop a deeper understanding of their own preferred style and impact in the workplace, and therefore gain some insights into how they might sometimes need to adjust their “natural” style to get good results.

This one day workshop will enable delegates to answer the question “what’s it like to work with / for me?” It also uses the VARK assessment to help delegates gain a better understanding of their preferred Learning Styles.

Target Group

This workshop is aimed at Team Leaders, Supervisors and Managers who are focussed on improvements, and wish to use the MBTI tool as a way of acquiring a different perspective on relationships both within the team and outside.

Objectives

By the end of the course, participants will;

- Understand the MBTI model and the ideas that underpin it;
- Have undertaken a range of activities in order to make a detailed assessment of their own MBTI type, and developed a deeper understanding of their own style and impact in the workplace;
- Have completed the VARK questionnaire, and gained an understanding of their preferred personal learning style;
- Have used the insights from MBTI and VARK as a basis to review current challenges faced by the team;
- Have made a personal Action Plan about how best to use their MBTI / VARK knowledge in the workplace.

Course Content

Below is an overview of the topics that can be covered. (Please note that if this course is delivered on an in-house basis, the content can be tailored to meet your specific requirements and address any issues you may have.

- Welcome and introductions
- Setting the scene: reviewing our team and its world
- MBTI: input about type theory
- Understanding ourselves and self assessing: group activities
- Validating our MBTI self assessment
- VARK: input about Learning Styles, and self assessment questionnaire
- So what? Applying the insights from MBTI and VARK to the challenges faced by the team
- Agreeing actions
- Closing input: how MBTI can help you in your life outside work!

Outcomes

The workshop is interactive and focuses on practical activities that are relevant to the delegate’s situation, including skills that can be implemented immediately. Delegates may be asked to complete a personal action plan to help them implement their learning.

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