

# Using Myers Briggs Personality Inventory (MBTI) to understand yourself and your team



In this introductory half-day workshop, Chris reviews the Myers Briggs Personality Type model, and clearly explains the characteristics of its four main dichotomies. Chris is a fully qualified trainer in presenting and interpreting the MBTI, having been accredited since 2002.

A series of structured exercises allows participants to identify and understand their own personal profiles, before then going on to share and discuss each others personal preferences and styles.

Small group discussion then allows participants to apply the model to a range of interpersonal situations, discovering how differences can both enhance or frustrate effective teamwork.

Finally, an integrated profile is drawn up of the group's collective strengths and blind spots. Each participant leaves with a clear set of personalised suggestions for positive change.

Follow up comprehensive individual reports, based on an on-line questionnaire assessment, are available on request.

A number of useful reading resources are included as part of the workshop, tailored to each participants personality type.

Please contact Chris to discuss in-house delivery of this workshop to specific groups.

**call Chris 0064 3 482 2689**

or **email [skellett@actrix.co.nz](mailto:skellett@actrix.co.nz)**

Workshops tailored to specific groups on request.

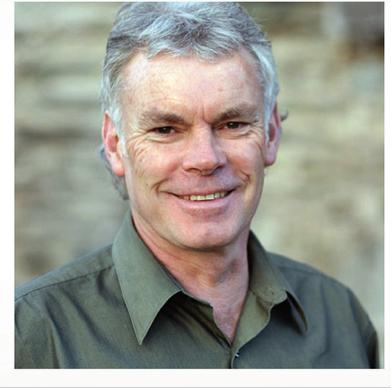
## Endorsements from previous participants

*Thanks so much for presenting to our graduate class...you really made the topic come alive for me after many years of thinking that we are simply labelling people and putting them in boxes. - Wayne C, University of Otago Medical School*

*Our team really benefitted from your workshop Chris. We now feel that we have a simple model to use, not just to help us unpick our problems, but also to celebrate each others strengths. - Pauline G. Relationship Services*

*As an ISTJ, I felt like I could relate to the big picture dreamers around me for the first time! At last, I understood what they were trying to do! - Eric M. Local Government Manager.*

*I immediately rushed home and discussed the MBTI with my partner. We laughed at how many of our differences were so clearly described by the model, and how easily they could be resolved. At the end of the day, it's all about respect for individual difference. - Chris P, Retail Manager*



## Presenter **Chris Skellett**

**MSc Clin Psych FNZCCP**  
**Clinical Psychologist and Author**  
**Dunedin, New Zealand**

Chris has 35 years of experience working as a clinical psychologist and executive coach. In recent years he has written two highly acclaimed personal development books promoting the value of 'self-evident truths' in therapy.