

CELEBRATING DIFFERENCE

USING MBTI® TO APPRECIATE PERSONALITY STRENGTHS

Whether at work or home, our personality is the expression of who we are. Whilst we all have the ability to behave differently at different times, for most of us there are some **core patterns of behaviour** that we keep coming back to. Working with your strengths and truly acknowledging and celebrating the difference between individual approaches can improve communication, reduce frustration and increase excellence.

Based on 70 years of research, The Myers Briggs Type Indicator (MBTI®) is the world's most popular personality inventory. Based on Carl Jung's theory of Psychological Types, its purpose is to make this comprehensive theory of personality practical and useful in people's lives. The MBTI® is widely used for individual, group and organisational development and reports your preferences on 4 scales:

- How a person is energised
- What information a person pays attention to
- How a person prefers to make decisions
- What approach a person takes to life / work

Intended for trainers, coaches, therapists and educators and individuals wanting to explore MBTI®, the one day workshop can count as valid CPD for many professionals.

■ Your MBTI® Best Fit

How to interpret your personality best fit based on the results of your self assessment and MBTI report.

■ Making Balanced Decisions

Avoid 'analysis-paralysis' and 'leap-before-you-look' styles of decision making. How to use the strengths of each of the MBTI preferences to help make considered and balanced choices.

■ Handling Pressure

Stress often comes from a misunderstanding of others ways of working or approaching problems. How to recognise your personality stress response and do something different.

■ Leading Change

Whether you are involved in personal persuasion, leading a developing group or shaping organisational change knowing how the different personality types view and respond to change can help you be more inclusive, motivating and effective.

1 Day Workshop 22 October 2010

Helping others celebrate difference and improving your interactions with individuals and groups.

How will it be delivered?

With a balance of presentation, practical exercises, examples, self reflection, wisdom and fun.

Neal Anderson is a Registered MBTI Practitioner, a Neuro Linguistic Psychotherapist, an INLPTA Registered NLP, Coaching and Business Communications Trainer, and Accredited Practitioner of Outdoor Learning. With a background in engineering, management and development training he works as a facilitator, coach and therapist with individuals and organisations. Neal is passionate about helping people grow and develop with a sense of playfulness, warmth and realism.

How do I book?

Book online at www.valleytraining.co.uk or call us on 07899 856518 with any questions.

Dates: 22 October 2010 9.30 – 5.00

Location: Central Kendal, Lake District.

Investment: £90

Certification: Certificate of Attendance

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