



## PURPOSE

The MBTI® is the world's best-known and most widely used personality indicator,

More than just personality questionnaires, the MBTI® approach provides a unique and pragmatic framework for designing ad-hoc solutions in all areas of personal development.

Knowing one's MBTI® type not only helps to understand how one perceives the world and interacts with it, but also to clarify one's own and others' motivations. This model provides a stable basis for personal development as an essential prerequisite for greater individual effectiveness.



# MBTI® Personalities

STANDARD AGENDA (Most agenda's are adapted to your specific situation)

- Introduction and positioning of MBTI®
- The notion of preference, what is measured by MBTI® and what is not being measured
- The relationship with the principles of Carl G. Jung: the understanding of the foundations of MBTI®
- The four axes of MBTI® (Energy, Information, Decision, Life Style) and their polarities: Introversion & Extraversion, Sensing & Intuition, Thinking & Feeling, Judgment & Perception
- Exercises based on the four dimensions
- Own personal profile (level I): analysis, understanding and usage
- The four temperaments: how MBTI® can be observed in behaviors of people
- The function cross: my long term personal development path
- Personal Development Plan