

## Workshop - MBTI MYERS BRIGGS TYPE INDICATOR (WSMBTI) (5 hours, 5 PDUs)

Human behavior is a critical factor that greatly affects the results achieved in projects and in organizations. The goal of this workshop is to provide you with a tool to help you to analyze and benefit from individual capacities and strengths.

You will also become aware of how you interact and operate with other people and your tasks in projects, teams or organization.

To achieve the purpose the assessment of the Myers Briggs Type Indicator (MBTI, instrument) will be used.

### AFTER THE WORKSHOP

- ❖ Will understand better why the human behavior impacts in the projects' goals and organizations .
- ❖ Will have a structure to help you to make better use of people's capacities to achieve your goals.
- ❖ Will have identified your Type and have a better picture of your strengths and where they fit best.
- ❖ Be able to reflect on people's attitudes and understand better the way they approach their tasks.
- ❖ Be able to minimize conflicts by understanding how people will interact together.

### SUBJECTS

The main subjects are:

- ❖ What is the MBTI instrument.
- ❖ The four scales and what they measure.
- ❖ Which one is your Type and the associated preferences.
- ❖ The 16 instrument Types as a result of the preferences.
- ❖ Where I am and where I want to be

### PREREQUISITES

None.

### TRAINING METHOD

During the workshop the trainer/consultant will help the attendants:

- ❖ To understand the MBTI instrument and what it measures.
- ❖ To identify their own Types within the 16 Types.
- ❖ To understand that every person use all preferences, but respond first or most often with the preferred ones.
- ❖ To become conscious that we can make use and benefit from the people's differences at work.
- ❖ To prepare an individual or company action plan.

Throughout the workshop practical exercises will be carry out for a better understanding of the preferences.

All attendants will fill out the MBTI questionnaire and will receive a report of their Type.

### TARGET GROUP

- ❖ Any person:
  - ✓ Functional Managers
  - ✓ Project managers
  - ✓ Coordinators
  - ✓ Project members, etc.