

# TYPE

EXERCISE



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## WHAT ARE YOU LIKE?

This exercise can be run at a single sitting for small groups (a group of 4 people will take 1.5 hours) but is especially suitable to run for 20 minutes each time a group of people meet up (eg monthly team meetings).

Every time the exercise is run, different pairings are organised (a plan is enclosed with the instructions) and pairs of participants work on how they could work more effectively together – by looking at each others' strengths, blind spots, what each person likes, and the difference each person contributes to the relationship. This is a great way to keep type alive after a group have invested in learning about their four-letter type.

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### **Applications:**

Working more effectively with others

Team trust

### **Type preferences studied:**

All

### **Time required:**

20 minutes per pairing

Product code: JT0920e

