

# TYPE EXERCISE



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## TYPE AND TIME

This is a two-part exercise for teams or groups of people. It encourages them to share time-management tips to work more effectively both together and as individuals – people with similar types think of time-management tips and ways to maximise their effectiveness at work. This is particularly useful for project teams when managing their expectations towards each other before, during and after meetings.

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### **Applications:**

Time management

Project management

Working more effectively

### **Type preferences studied:**

S/N and J/P

### **Time required:**

45 minutes

Product code: JT0924e

