

TYPE

EXERCISE



TYPE TALENTS

Drawing on the positive nature of type, this one-hour session (or three 20-minute sessions) encourages individuals and teams to draw on their natural gifts, to think about the strengths of their whole type, and to develop some actions for leveraging them further. In team sessions, team members are asked to recognise what they contribute to the team and what others contribute. This activity can be used once all members of the group have had the chance to decide on their best-fit type. It can be used in a number of settings – individuals, groups, teams and pairs – and has various options to suit different purposes.

Applications:

- Team building
- Action planning
- Leadership development
- Personal development
- Improving working relationships

Type preferences studied:

Whole type

Time required:

1 hour / 3 chunks of 20 minutes

Product code: JT0925e

