

## Flip-a-type-tip speed dating

This exercise is designed to embed learning that comes from type-based activities. It introduces the flip-a-type-tip and can also be used to facilitate development and action planning sessions which enhance communication.

This exercise is suitable for anyone and everyone (small, medium and large groups) as long as all have received feedback and know their best-fit type. It works really well with individuals who want to consciously flex their style, and it's beneficial to line managers who would like to provide feedback in a style that appeals to those individuals.

### Applications:

Adapting and flexing communication style

Giving feedback

Working more effectively with others

### Type preferences studied:

All

### Time required:

25 minutes (+ up to 90 mins)

Product code: JT0929e

