

MBTI® Activity



Career Search Strategies: An Application of MBTI® Type

Sandra Krebs Hirsh | Jane A. G. Kise

Designed with your success in mind, this activity comes complete with everything you need to engage participants and reinforce type concepts so that individuals can apply the learning immediately post-training. The following materials are provided for this activity:

- Instructions
- Handouts

For more time-tested activities like this one, as well as for the how-to guidance and tools for establishing a comprehensive Myers-Briggs® training program within an organization, check out our popular [Using the MBTI® Tool in Organizations Leader's Resource Guide](#).

Looking to extend the learning further? Offer each participant a booklet from CPP's [Introduction to Type®](#) series, available in print or PDF format—20 titles spanning a wide range of MBTI application topics, such as communication, conflict, team building, stress management, innovation, leadership, and more.

For more downloadable, easy-to-use, no-fail activities from world-renowned MBTI® type experts and consultants, visit www.opp.com/MBTIactivities.



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OBJECTIVE

To help participants choose career search strategies that capitalize on what they typically enjoy doing as well as compensate for what they dislike doing

TIME FRAME

60 minutes

APPLICATION

Career development

MATERIALS

- Handout: “Career Search and Type Preferences”
- Handout: “Career Search Strategies”
- Flipchart, markers

Process

1. Divide participants into four groups. Group 1 (which should have at least one Extravert and one Introvert) will discuss what *helps* and *hinders* Extraverts and Introverts in their career search. Similarly, form Group 2 around Sensing and Intuition, Group 3 around Thinking and Feeling, and Group 4 around Judging and Perceiving.
2. For each hindrance they identify, have the groups develop a compensating strategy. For example, Extraverts may list talking too much as a hindrance and suggest taping a dot to their watches as a way to remember to listen more.
3. Have each group prepare a flipchart sheet of its findings and report out to the large group. Distribute the “Career Search and Type Preferences” handout. Compare the groups’ responses with those listed on the handout.
4. Discuss the blind spots the different preferences have in approaching the career search process.