

MBTI® Activity



Expressing Appreciation in Different Ways: An Application of MBTI® Type

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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
- Handout

For more time-tested activities like this one, as well as for the how-to guidance and tools for using Myers-Briggs® results to build emotional intelligence competencies, check out our popular [Using the MBTI® Tool to Enrich Emotional Intelligence 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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OBJECTIVES

Participants will

- Learn how type affects one's emotional experience of being appreciated
- Learn how to avoid misunderstanding when expressing appreciation to others

TIME FRAME

45 minutes

MATERIALS

- Handout: "Different Ways of Expressing Appreciation"
- Flipchart, markers, and masking tape

Process

1. Frame the activity by explaining that different people tend to want to be appreciated in different ways. Part of emotional intelligence (EQ) consists of being aware of that tendency and choosing the forms of appreciation that others will best understand.
2. Distribute the handout, "Different Ways of Expressing Appreciation." Ask the participants to answer the first five questions. Allow 10 minutes.
3. Group the participants into trios or into type-alike groups of STs, SFs, NFs, and NTs. Ask the groups to share their answers and to discuss similarities and differences. Allow 15 or more minutes.
4. Ask each group to report to the entire room, and summarize the key points on the flipchart. Encourage the participants to answer Question 6 on the worksheet by taking notes.
5. Point out Questions 7 and 8 on the handout, and ask the participants to answer them during a break or after the session.