

MBTI® Activity



Appreciating Differences: 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
- PowerPoint® slide

For more time-tested activities like this one, as well as for the how-to guidance and tools to establish 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 enable participants to appreciate each of the preferences

TIME FRAME

60–80 minutes

APPLICATIONS

- Team building
- Leadership development
- Career development

MATERIALS

- PowerPoint® slide: “Appreciating Differences”
- Flipchart or blank overheads, markers

Process

1. Divide participants into two groups, one of Extraverts and one of Introverts.
2. Ask the Extraverted group to list the assets and liabilities of an organization made up entirely of employees with a preference for Extraversion. Have the Introverts do the same for an organization whose employees all share a preference for Introversion.
3. Ask each group to report its results. Allow a total of 10 minutes for the reports.
4. Regroup the participants by Sensing and Intuition and repeat the procedure. Do this for the rest of the preference pairings (Thinking and Feeling, Judging and Perceiving).
5. For variety, discuss the questions on the slide:
 - How does our preference for Extraversion or Introversion affect our relationships with our employees, customers, or teammates?

Show
slide