

# Better all-round performance



## The MBTI® assessment

When people are self-aware, they can realize more of their potential. The *Myers-Briggs Type Indicator*® (MBTI®) assessment provides an easy-to-understand framework for improving self-awareness.

Use the MBTI assessment to help people:

- understand their personality type
- identify their strengths and development areas
- understand why people behave differently
- communicate better with people at work and at home

When we understand people better, we can work together and perform better. The MBTI assessment helps people, teams and organizations to do this.

### MBTI features

Focuses on self-awareness and differences between people

Uses accessible, positive language and ideas to explain personality preferences

Offers a wide range of workplace uses

Is the world's most widely-used personality assessment

### MBTI benefits

Helps everyone to perform better, whatever their role

Makes self-awareness easy to learn and apply

Provides a great return on investment

Creates trust because it is established with proven credibility

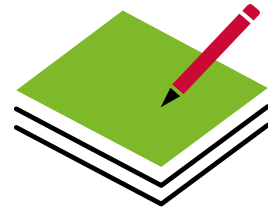
### Use the MBTI assessment for:

- Communication
- Leadership
- Decision-making
- Change management
- Stress management
- Team development
- Coaching
- Career development

“ I'll never  
turn down  
an MBTI session...  
it's invaluable. ”

Area Manager,  
international  
pharmaceuticals  
and healthcare company

# Better all-round performance



To administer the MBTI assessment, you need to be MBTI certified.

See [www.themyersbriggs.com](http://www.themyersbriggs.com) to find out about MBTI training and how to become MBTI certified.

## MBTI products and resources

### MBTI reports

Personal Impact Report, Communication Style, Decision-Making Style, Stress Management and many more

### Books and eBooks

Introduction to MBTI Type series

### Exercises and resources

for team events

# Improving performance through self-awareness

## About The Myers-Briggs Company

In our fast-changing world, your edge lies in harnessing 100 percent of your talent – at work, home, college, or anywhere in between.

The Myers-Briggs Company empowers people to be the best versions of themselves. By enriching self-awareness and understanding of others, we help organizations around the world to improve teamwork, develop inspirational leaders, foster diversity, and solve their most complex people challenges.

We're established assessment developers, expert trainers and experienced psychologists. Our powerfully practical solutions are grounded in a deep understanding of the trends that affect people and organizations today, and we're ready to help you succeed.

