

# MBTI® Virtual Live Series

Online learning facilitated by experts



## MBTI® Essentials Virtual Workshop

The MBTI® Essentials Virtual Workshop introduces participants to the Myers-Briggs® personality framework and provides guidance on how people can collaborate more effectively through understanding personality differences.

This virtually facilitated group workshop—led by one of our expert consultants—is part of the MBTI® Virtual Live Series.

### Workshop features

120-minute virtual session.

Arrange a time and date that works for you.

Interactive dialogue, exercises, and Q&A.

Participants join individually from their own computer.

Available for groups and teams.

### Workshop benefits

Confirm participants' best-fit MBTI type.

Increase self-awareness by understanding one's natural source of energy, motivations, frustrations, and blind spots.

Apply MBTI type to appreciate differences in how people communicate and make decisions.

Create an individual action plan to leverage learnings.

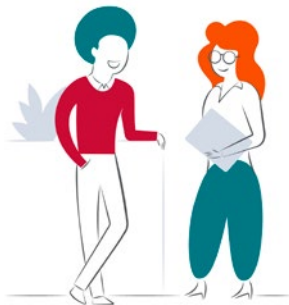
### Before the workshop, participants receive:

- Access to the online MBTI assessment and interactive learning session
- A personalized MBTI® Complete report
- A digital copy of *Introduction to Myers-Briggs® Type*
- Access to the MBTItype.com mobile site
- The MBTI® Essentials virtual workshop participant workbook

“ The MBTI [Essentials] Virtual Workshop provided my team with knowledge to work together more efficiently. And improve our interpersonal relationships. It also helped me be a better team leader. ”

Jennifer Lindstrom,  
Pharm.D., Director of Pharmacy at  
Treasure Valley Hospital

# Get more from the MBTI framework with these add-on **virtual workshops**



## Enhancing Communication (90 minutes)

Effective communication is at the heart of successful teams and thriving organizations. Participants gain:

- Understanding of personal communication style and preferences.
- Deeper appreciation for diversity of communication styles and preferences.
- Actions for increasing one's personal communication effectiveness.



## Managing Change (90 minutes)

In this session, participants will explore the process of navigating change by first understanding the role of personality type. Participants gain:

- Understanding of personal change style and preferences.
- Deeper appreciation for how change can be more successfully navigated through psychological insights.
- Actions for increasing one's personal effectiveness during times of change.



## Building Resilience (90 minutes)

When you feel stressed, it can get in the way of dealing effectively with life's demands, and it can affect everything you do. Participants gain:

- Understanding their personal stress triggers.
- Identifying strategies for coping with and reducing stress.
- Insights to prepare them to build their resilience at work and home.

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## About The Myers-Briggs Company

The Myers-Briggs Company empowers people to be the best versions of themselves. We're established assessment developers, expert trainers and experienced psychologists who help organizations around the world to improve teamwork, develop inspirational leaders, foster diversity, and solve their most complex people challenges.

[eu.themyersbriggs.com/en](http://eu.themyersbriggs.com/en)

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## Get in touch

Have a question? Contact us at [www.themyersbriggs.com](http://www.themyersbriggs.com)

