

**The Myers-Briggs Type Indicator – (MBTI)
Building Self-Awareness
Laura Grossman, EAP Program Supervisor
(3 hours)**

The Myers-Briggs Type Indicator is a tool to give you insight into your personal style and preferences, to assist in understanding the unique gifts that each of us brings to our personal and professional interactions.



The objectives of this workshop are to gain self-awareness by exploring your personal style to assist in:

- Appreciating the diversity within yourself and others
- Enhancing communication
- Gaining insight into your coping styles
- Optimizing team effectiveness

There is a requirement of a minimum of 10 participants and a maximum of 26 participants for this workshop.

**The Myers-Briggs Type Indicator – (MBTI)
Review Workshop
Laura Grossman, EAP Program Supervisor
(1 hour)**

The objective of this workshop is to assist in reviewing the four dimensions:



- Energy
- Perception
- Judgment
- Orientation

to prepare for subsequent MBTI workshops.

There is a requirement of a minimum of 10 participants and a maximum of 26 participants for this workshop

****The Myers-Briggs Type Indicator – (MBTI) Teambuilding**

**Laura Grossman, EAP Program Supervisor
(4 hours – depending on group size)**

Psychological type is a key to unlocking an understanding of your style, as well as potential obstacles to working together to accomplish a goal and/or task. The objectives of this workshop are to optimize team effectiveness by:



- Appreciating the diversity within the team
- Assessing strengths and obstacles of your specific team
- Identifying your own strengths, contributions to the team, and areas for development
- Appreciating the workplace contributions of people with other type preferences
- Improving communication, teamwork, problem solving and decision making, and dealing with change

There is a requirement of a minimum of 10 participants and a maximum of 30 participants for this workshop.

****Participants must have attended the Myers-Briggs Type Indicator (MBTI)
– Building Self-Awareness workshop prior to attending this workshop.**

Enhancing the Learning Climate – It Takes All Types Laura Grossman, EAP Program Supervisor (90 minutes)

This workshop provides an introduction to personality type theory, the Meyers-Briggs Type Indicator (MBTI) and its application in the classroom and/or any training environment. Through a dynamic and energizing format, participants will learn how applying type theory in a teaching and learning environment can assist in enhancing effective communication, appreciating diversity and allowing each person to draw on their individual strengths as they learn.

There is a requirement of a minimum of 10 participants and a maximum of 30 participants for this workshop.

