



WHAT DO YOU PREFER?

- In a large group, do you more often introduce others, or get introduced?
- Overall, when working on an assignment, do you tend to figure out what needs to be done as you go along, or begin by breaking it down into steps?
- When making a decision, is it more important to you to weigh the facts, or consider people's feelings and opinions?
- Overall, when working on a project that is due in a week, do you take time to list the separate things to be done and the order of doing them, or plunge in?

Are you interested in learning about how your responses to the above questions impact on your communication style, on how you approach tasks and how you make decisions and solve problems?

The Meyers-Briggs Type Indicator (MBTI) –Building Self-awareness workshop provides a dynamic and energizing format in which to learn about the unique gifts that each of us brings to our professional and personal lives. Workshop participants will gain insight into unraveling puzzling interactions, which assists in promoting a climate of cooperation and appreciation.

**For more information, or to schedule the
MBTI – Building Self-awareness workshop for your staff,
Contact your EAP at (631) 289-0480**