

# MBTI<sup>®</sup> Type Dynamics in Action:

## Practical applications of type dynamics in organisations

### About the MBTI<sup>®</sup> Step I instrument

The Myers-Briggs Type Indicator<sup>®</sup> (MBTI<sup>®</sup>) Step I instrument is a versatile tool, which provides individuals and teams with a powerful understanding of their own and others' personality style. By understanding the differences between personality types, groups and individuals are able to work together more effectively, improving communication and reducing conflict.

This instrument can be used in one-to-one and group settings, and has a wide range of workplace applications, including: individual development and executive coaching; management and leadership development; teambuilding and development; organisational change; and improving communication.

### Is this programme for me?

This programme is for you if you are qualified in the MBTI instrument and have a desire to take your knowledge deeper, particularly in the area of how different dimensions interact within a type preference.

### Why should I attend?

Like many people after qualifying, you may find yourself interested in learning more about the dynamics that occur within MBTI types, covered briefly on the fourth day of the qualifying course. This programme was developed in response to exactly that customer demand, and has become a very popular course for people wishing to continue their professional development as MBTI practitioners.

Once you've completed the programme, you will be:

- Skilled at explaining type dynamics in a simple fashion to individuals and groups
- Well versed in the balancing role of the auxiliary function
- Prepared to use type dynamics in coaching to improve individual performance
- Prepared to use type dynamics to improve team performance



## What are the benefits for me and my organisation?

Armed with the new perspective of seeing type dynamics in action, qualified MBTI practitioners can have an immediate impact across an organisation, and begin to build a solid foundation for ongoing client relationships. You will receive various materials to help you to explain and apply type dynamics more easily. Your expertise in MBTI Step I will be taken to a deeper level.

Key benefits to practitioners include:

- A deeper understanding of the mechanics of type dynamics
- Using type dynamics in teams
- Gaining insight into the mechanics of type dynamics
- An exploration of the Jungian functions
- Strategies to diagnose communication issues
- Using type to inform personal development planning
- Understanding effective feedback methods
- Learning how to manage stress effectively according to type
- Using new tools to help the practitioner understand and use dynamics more easily

## What will I learn?

- Novel ways to describe the eight dominant functions
- Descriptions of type dynamics to help individuals and groups understand what it means
- New ways to work out the dominant, auxiliary, tertiary and inferior functions of each MBTI type
- Effective use of the auxiliary function to balance the dominant function
- How to use type dynamics to manage stress more effectively
- Tools to help individuals develop their inferior functions through a better understanding of type dynamics
- Type dynamics with teams
- The lifelong development of type

Duration  
2 days  
Location  
Oxfordshire



## Programme outline

This two day programme is designed to:

- explore and extend knowledge about type dynamics introduced during the MBTI Step I Qualification Programme
- provide a deeper understanding of the different function combinations and their impact on behaviour
- apply the theory of type dynamics in a number of work situations, from personal development to managing stress, in order to create a lasting impact on their organisations and maximise the effectiveness of their MBTI-based interventions

NB This programme is not about team dynamics (although using type dynamics with teams is covered), nor does it cover MBTI Step II.

## What materials will I receive?

- Type dynamics practitioner flashcards
- Presentation slide handouts
- Handouts for each of the eight functions in their dominant and auxiliary forms
- Supporting materials to improve communication between any two individuals
- An MBTI support booklet focusing on the eight Jungian functions
- Specific exercises for individuals and teams

## What are the pre-work requirements?

There are no pre-work requirements for this programme.

## Dates

Visit our website to view our training dates at [www.opp.eu.com/calendar](http://www.opp.eu.com/calendar).

## How can I book?

- Call our Customer Service team on **0845 603 9958**
- Email [enquiry@opp.eu.com](mailto:enquiry@opp.eu.com)

For more information about training programmes and products visit our website at [www.opp.eu.com](http://www.opp.eu.com) or speak to our Customer Service team on **0845 603 9958**.