

# MBTI<sup>®</sup> Step I Qualifying Programme

## About the MBTI<sup>®</sup> 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.

## Who can attend?

This programme is open access, which means that no previous knowledge or experience is required to attend. It is particularly beneficial for:

- Human resources professionals
- Training and organisational development specialists
- Line managers, consultants and other professionals with responsibility for managing people.

## Programme dates

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

## Fee

Please visit our website to view our full price list at [www.opp.eu.com/pricelist](http://www.opp.eu.com/pricelist).

## How to book

### By telephone

Call our Learning Operations team on **0845 603 9958**.

### Online

Book online at [www.opp.eu.com/shop](http://www.opp.eu.com/shop).

### By email

Send an email including course and participant details to [learning@opp.eu.com](mailto:learning@opp.eu.com).

### By fax

Complete the programme booking form and fax to **01865 511222**.

### By post

Complete the programme booking form, enclosing a cheque or credit card details and send it to the address at the end of this info sheet.

## Duration

Part One: 3 days

Part Two: 2 days

## Locations

Bristol, Dublin, Edinburgh, Leeds, London, Oxford

Also available in other European countries – please see [www.opp.eu.com](http://www.opp.eu.com) for details. Also available as an in-house programme for organisations with several participants (see below).

## Programme outline

This programme uses a variety of learning methods and materials, including CD-ROM, interactive exercises, group work, presentations and real-life practice sessions. Each delegate will receive individual developmental feedback from experienced MBTI professionals.

Some pre-work is required, including filling in and receiving feedback on the MBTI Step I questionnaire. Delegates must successfully complete observed feedback sessions and a multiple-choice examination to achieve the MBTI Step I instrument qualification. The following areas will be covered:

### Part One

- Recognising and interpreting the four type dimensions
- Understanding your own personality type
- Feedback and interpretation skills
- Construction and development of the instrument
- The validity and reliability of the Indicator
- Administration and hand-scoring
- Exploration of type dynamics
- Ethical use of the instrument

### Part Two

- Review of fieldwork
- Understanding stress and the inferior function
- Practical applications of the instrument for individuals and teams
- Observed feedback session and multiple-choice examination

## Benefits for you and your organisation

On completion of this programme, you will:

- become a qualified practitioner of the MBTI Step I instrument, allowing you to purchase and administer the questionnaire and other restricted materials, interpret the results and conduct feedback sessions with individuals and groups
- be able to use the instrument in teambuilding, one-to-one development and many other applications

- be able to use your knowledge of the instrument to address workplace issues.

## OPP<sup>®</sup> Ltd

With expertise in applied business psychology, OPP<sup>®</sup> enables organisations, teams and individuals to improve their effectiveness. Client solutions are delivered through the capabilities of our consultancy and learning services and a portfolio of world-renowned psychometric instruments. OPP works with companies in the UK and the whole of Europe through a network of regional partners and offices. Visit [www.opp.eu.com](http://www.opp.eu.com), email [enquiry@opp.eu.com](mailto:enquiry@opp.eu.com) or call one of the national-rate numbers listed below for information on the full range of OPP products and services.

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### Do you have six or more people who wish to attend? Why not try one of our in-house programmes?

OPP has many years' experience of providing 'in-house' programmes for clients, where one of OPP's renowned psychometric programmes is run exclusively for your employees at a venue of your choice. Benefits include:

- flexibility – date and venue to suit you, and tailored to your organisation's needs
- value – cost per participant significantly less, relevant to your organisation and its issues
- quality – increase employee motivation and improve teamwork within your organisation.

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