



# MBTI: personal resilience

Working together to be at our best to make a difference.

## Introduction:

MBTI was developed by Isabel Myers and Katharine Briggs (hence Myers Briggs Type Indicator) and is based on Carl Jung's theory of psychological types. MBTI is a tool that looks at our preferences (not one that looks at skill or ability), and in understanding ourselves more we can build our personal resilience

## Learning outcomes:

- To learn about yourself, understanding where you fit in a framework that describes personality differences in positive and constructive ways
- Appreciate important differences between people and understand how different types can work together in a complimentary way
- Understand ways in which MBTI can help you manage your personal resilience

As an outcome of this interactive, virtual workshop you will have a personalised report on your MBTI best-fit type which can inform your development going forwards

## Who should attend?

Managers and leaders

## What you will need?

- With support from your manager, time to complete the online questionnaire (approximately 2 weeks before the workshop) and 2.5 hours attendance on the workshop
- The day before the workshop you will be sent the MBTI workbook (ideally to be printed in advance). Have writing materials ready for activities and note taking
- Access to MS Teams
- Willingness to learn and share experiences with others. If you have any concerns about sharing your MBTI type on the day please contact the L&OD Team in advance

## Booking information:

Check dates and availability on ESR

## Workshop lead:

Lisa Tyndall, L&OD Manager

