



## MBTI® Team Building Day

(Incorporating Myers-Briggs Type Indicator® Psychometric)

The MBTI® tool provides individuals and teams with a powerful understanding of their own and others' personality style. By understanding the difference between types, teams and individuals are able to work together more effectively, improving communication and reducing conflict. Each attendee will complete an online MBTI questionnaire prior to the day.

The value in this team day is that it provides a common language for individuals and teams to build positive relationships and work to each others strengths. We will combine theory with team challenges and review sessions. Individuals will receive valuable feedback on their leadership style, communication and problem solving skills in a positive developmental environment.



### Example itinerary:

Arrive for 9am	Introductions, objectives for the day and expectations
9.15am	Introduction to Myers-Briggs Type Indicator
10.15am	Personal reports and analysis
10.45am	Tea and coffee break
11.15am	Team activity
12.45pm	Review of team activity against personality profile and type
1.15pm	Lunch
2pm	Working to our strengths – using Type to improve communication, problem solving and giving feedback
3.30pm	Break
3.45pm	Team Activity
4.30pm	Personal action planning – using feedback and Type to develop and work to strengths in a team-working environment
5pm	Ways forward and close

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Group size	6 delegates
Additional information	Cost includes: <ul style="list-style-type: none"><li>• Initial meeting to discuss the team day objectives with your team leader</li><li>• On-line completion of questionnaires by attendees prior to the team day</li><li>• Individual and team reports which can be shared on the day</li><li>• Team activities appropriate to the objectives of the day at a venue of your choice</li></ul>
Cost excluding VAT	£2110 plus venue costs



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