

Myers-Briggs Type Indicator® Introductory Workshop

Background

The Myers-Briggs Type Indicator® (MBTI) provides a holistic approach to personal development and group development. It is a registered psychological instrument (93 questions) based on the work of Jung.

MBTI is not a psychological test, and it has no right or wrong answers. It ‘sorts’ individuals into one of 16 broad personalities types based on underlying preferences about how they interact with the world, take in information and make decisions. There is no good or bad personality type; rather, each type brings special gifts. Understanding similarities and differences in personality preferences may help you to understand yourself better and enhance your relationships with others.

Importantly, most people find completing the MBTI to be a fun and insightful activity!

Today’s workshop will be an introduction to the MBTI and psychological type. It will include:

- A general introduction to the MBTI and personality
- The opportunity to complete the MBTI questionnaire and receive your individual results confidentially
- A series of *interactive non-threatening* brief activities designed to highlight similarities and differences in type
- A chance to reflect on personality type in our professional context.

If you elect to attend this workshop, your email address will be provided to the trainer. She will contact you regarding the completion of the MBTI through an online testing agency. Your results will be provided directly to the trainer, who will provide them to you in a sealed envelope at DREAMING 08. No copies or details of same will be retained. However an overall de-identified tally of the different types in the overall group will be recorded to facilitate the discussion on the day. It is worth noting that most people don’t hesitate to share their type once the MBTI has been explained more fully, because all types are equally valuable. Generally you will get more out of the workshop if you do share your type, but this will be your choice.

The Trainer

Ruth Sladek is a well known professional member of HLA with extensive experience in health libraries. She is also a certified MBTI trainer, which she has used with over 300 individuals since 2005.

**HLA gratefully acknowledges the generous sponsorship of
M & L Medical Books (Mario Ferrari) in covering all MBTI-related costs in
running this workshop**

Phone 08 8341 8491, Mobile 0447 322 351, Fax 08 8341 9518

Email MLMedicalBooks@bigpond.com

52 Malwa Street, Osborne SA 5017