

THE MYERS-BRIGGS TYPE INDICATOR



The Myers-Briggs Type Indicator (MBTI) is a questionnaire based on a personality framework that help people explore their preferences for taking in information and making decisions. It also looks at where people prefer to focus their attention and how they prefer to live their life.

The questionnaire contains 88 items and usually takes between 25-35 minutes to complete, although there is no set time limit.

Feedback on the results is given face to face individually, and in confidence. During the feedback session, respondents have the opportunity to discuss any question. A key aim of the session is to establish which personality type is the 'best fit'.

The MBTI is of great practical value in increasing self-understanding, appreciating different styles and highlighting any development areas.

Below are some of the ways the results can be applied:

- **Team development**
- **Improving Communication and resolving conflict**
- **Enhancing personal development**
- **Understanding reaction to change and stress**
- **Career development**

