



Continuing Education for Technical Professionals

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Competent Team Membership: How to Work Successfully With All Personality Types Using the Myers-Briggs Type Indicator® (MBTI) 1-day workshop

COURSE DESCRIPTION

It is logical that to be a better team member it's important to be able to work with all personality types. But, do you sometimes find yourself wondering "why can't everyone be normal like me?" This workshop, designed for attendees who do not necessarily work together, provides an introduction to the Myers-Briggs Type Indicator® and interactive exercises that highlight type differences. Attendees will take the MBTI® online prior to the workshop and will receive an individual interpretation of their results.

The Myers-Briggs Type Indicator® is the most widely used assessment and has been used for 60 years. This workshop will focus on how to communicate more successfully with people of all types, improve teamwork, and resolve conflict. Practical suggestions and examples for working with coworkers of all personality styles will be presented. The suggestions are simple enough to be applied the day after the workshop and powerful enough to make a difference.

COURSE BENEFITS

This course enables you to:

- Identify your preferences so you can more effectively use your strengths
- Competently communicate with all types and work with all personality types by making some simple modifications
- Apply the "introvert advantage"
- Identify when you and others are under extreme stress and how to get out of it most efficiently
- Use a complete problem-solving technique ensuring that all types of questions - not just your favorites - are answered

WHO SHOULD ATTEND

Anyone wanting to improve their competency as a team member and communicator.

INSTRUCTOR

Pam Rechel

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COURSE CONTENT

The primary learning is through experiential exercises throughout the workshop.

Introduction to the Myers-Briggs Type Indicator®

Why it is important for team members to learn about the MBTI®
"Why can't everyone be normal like me?"

Preference to Talk it Out or Think it Through

Extrovert vs. Introvert
"The Introvert Advantage"

Preference for Specifics or the Big Picture

How information is taken in and processed
Greatest source of conflict in the workplace

Preference for Logic or Impact on People

How decisions are made

Joy of Closure or Joy of Processing

Orientation to Life
Avoiding stress by planning and scheduling
Avoiding stress by not planning and scheduling

Your individual type

- Your contributions to the organization
- Leadership style
- Preferred work environment
- Preferred learning style
- Potential pitfalls
- Suggestions for development
- Preferred methods of communication
- Preferred problem solving style

Complete Problem Solving Model

How to improve the quality of problem-solving by using this model

Stress – How to deal with your "evil twin"

How to recognize typical signs of major stress for your type
Preferred ways to get out of major stress

Competent Communication with all Types

Communication Clues for all types
Simple guidelines to improve your communication with a varied audience

Application for Excellence

3 easy ways to use what is learned

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