



Consulting and Training | Reach New Heights

Course Name

Myers Briggs Type Indicator (MBTI) for Team Building

Sector Name

Interpersonal Skills and Self Development

Document Type

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Myers Briggs Type Indicator (MBTI) for Team Building

Course Introduction

Myers-Briggs Type Indicator (MBTI) is an internationally recognized instrument used by professionals for personality assessment. MBTI can bring about advantages in the business as it enhances workplace communication. When you understand your type preferences, you can approach your own work in a manner that best suits your style, including: how you manage your time, problem-solving, best approaches for decision making, and dealing with stress. Knowledge of type can help you better understand the culture of the place you work, develop new skills, understand your participation in teams, and cope with change in the workplace.

This training course is designed for employees and professionals to provide them with the essential concepts behind MBTI, the benefits of knowing and using this instrument for personal and team building purposes, and understanding their own personality type, as well as that of their colleagues. This course will help them design communication strategies and establish stronger teams, leading to achieving greater productivity in the workplace.

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Target Audience

- ✓ Managers & Team Leaders
- ✓ Human Resources Professionals
- ✓ Leadership & Management Development Professionals
- ✓ Cross-Functional Team Members
- ✓ Organizational Consultants & Coaches
- ✓ Employees Seeking Personal Growth
- ✓ Startups & Entrepreneurs

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Learning Objectives

- ✓ Understand the basic psychological concepts behind the MBTI Instrument.
- ✓ Recognize one's own personality type as well as that of other colleagues and their impact on the workplace.
- ✓ Know personality weaknesses and foreground strengths.
- ✓ Understand more about preferences in communicating, thinking, receiving information, and making decisions.
- ✓ Identify other MBTI personality types in the workplace and collaborate accordingly.
- ✓ Discover how others' preferences may oppose yours, and be able to adapt to their difference and to leverage their capabilities.
- ✓ Effectively handle conflicts and reduce internal issues.
- ✓ Manage differences between teammates and build better connections.

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Course Outline

✓ 01 Day One

Module 1: Overview of the Myers-Briggs Type Indicator (MBTI)

- ✓ Jung's Theory as the Foundation of MBTI
- ✓ The 4 Dichotomies of MBTI Personality Preferences
- ✓ Identifying Personality Types Using the MBTI Instrument
- ✓ The 16 Personality Types
- ✓ Decoding the 4-letter MBTI Result
- ✓ Strengths and Weaknesses of Different Personality Types
- ✓ How Each MBTI Personality Type Adapts to External Changes
- ✓ Understanding the Contributions of Oneself to the Workplace
- ✓ Fundamentals of Personal Development
- ✓ Implementing the Appropriate Behavioral Approach
- ✓ Managing the Diverse Personality Types of the Organization

Module 2: Discovering Your Personal Brand

- ✓ Exploring your personal Myers-Briggs profile
- ✓ Self-awareness and emotional intelligence
- ✓ Your personal learning styles
- ✓ Improving the quality of your working relationships
- ✓ How does your MBTI personality type impact learning, communication, planning, and delivering

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Course Outline

✓ 02 Day Two

Module 3: Fostering Team Spirit

- ✓ Recognizing the Personality Types of Teammates
- ✓ How to Respond to Contrasting Personality Preferences in the Workplace
- ✓ How your colleagues prefer to work
- ✓ Identifying team profile
- ✓ Highlighting the strengths and blind spots of your team

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Course Outline

✓ 03 Day Three

Module 4: The characteristics of an emotionally intelligent leader

- ✓ Engaging and communicating meaningfully with others
- ✓ Gaining insights into influencing others
- ✓ Resolving conflict effectively
- ✓ How to give meaningful feedback to your colleagues

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Jan. 25, 2027	Jan. 27, 2027	3 days	4950.00 \$	USA , Los Angeles
May 10, 2027	May 12, 2027	3 days	3250.00 \$	UAE , Abu Dhabi
Nov. 2, 2026	Nov. 4, 2026	3 days	3250.00 \$	UAE , Dubai
Nov. 23, 2026	Nov. 25, 2026	3 days	3250.00 \$	UAE , Dubai

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