

## Myers-Briggs Type Indicator (MBTI) Training

# Myers Briggs Team Building Activities

Our MBTI training workshop uses the Myers-Briggs Type Indicator (MBTI) assessment to help individuals and teams uncover their personality preferences and develop a shared language for understanding one another. Participants walk away with personalized insights, greater awareness of how others think and work, and the tools needed to reduce conflict, increase cohesion, and unlock their full team potential.

## Program Agenda

The MBTI assessment is one of the most widely used personality profiling tools in the world. This professional development training begins with a pre-session assessment and culminates in a dynamic, in-person workshop led by a certified MBTI facilitator.

Participants receive a detailed breakdown of their individual personality type and explore how these traits influence their workplace communication, leadership, and collaboration styles. When analyzed at the group level, the data reveals how diverse thinking and decision-making styles contribute to overall team performance.

Throughout the session, teams will explore how to resolve misunderstandings, address differences constructively, and align their personality dynamics with team goals. It's a transformative experience that enhances communication and sets the stage for long-term professional growth.

## Program Outcomes & Takeaways

- Improved communication and interpersonal understanding
- Awareness of personal and team strengths
- Tools for resolving personality-based conflict
- Increased team cohesion and productivity
- Shared language for discussing preferences and differences

## Program Customization

This program can be tailored to your group and goals with:

- Custom team reports or group summary graphics
- Post-training coaching or follow-up sessions
- Industry-specific examples or use cases for application

Ready to unlock your team's full potential with MBTI training? Book your session today and discover the strengths behind every personality.

To ensure a great experience, aspects of this training program may be modified to benefit your group size, group makeup, and time available.

## Program Details

### Group Size:

Any

### Team Size:

N/A

### Program Length:

3 - 4 Hours

### Space Requirement

Varies according to your group size. Classroom Style or Rounds.

### Setting:

Indoor

### Physicality:

Low

## What's Included?

MBTI assessment and materials Pre-event prep and production coordination Program design tailored to group goals Experienced MBTI-certified trainer

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For photos and video, please visit our website at  
<https://bestcorporateevents.com/programs/myers-briggs-type-indicator-mbti>

Or Scan QR Code to visit our website:

