XCELERATE TRAINING INSTITUTE

your learning & development partner

HUMAN RESOURCES MANAGEMENT (HRM)

# MBTI Personality Assessment Training Course

| DURATION | LANGUAGE | FORMAT |
|---|---|---|
| 5 days | English | Classroom / Online |

## Upcoming dates

| Dates | Venue | Format | Fee |
|---|---|---|---|
| 14 – 18 ????? 2027 | Live online | Online (live) | €1?200 |
| 19 – 23 ????? 2027 | Cairo | Classroom | €3?600 |
| 20 – 24 ?????? 2027 | Live online | Online (live) | €1?200 |

### Register or ask a question

Online: x8ti.com/course/mbti-personality-assessment-training-course-2/

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# MBTI Personality Assessment Training Course

## Introduction

Introduction

MBTI is a globally used psychometric tool which helps people in understanding their personality in a better way. MBTI stands for ‘Myers Briggs Type indicator’. This instrument is based on ‘Theory of Personality’ developed by Swiss psychiatrist Carl Jung.

Two Americans, Myers and Briggs further studied Carl Jung’s theory of personality and developed this instrument/tool. The MBTI assessment makes Carl Jung’s theory of psychological type both understandable and highly practical by helping individuals identify their preferences in four areas (Extroversion or Introversion, Sensing or Intuition, Thinking or Feeling and Judging or Perceiving).

This MBTI course by Xcelerate Training Institute will provide you with deep knowledge about various key aspects of the MBTI instrument. It will help you understand your personality type, key characteristics of your personality type and also characteristics of various other personality types.

It will increase your self-awareness by helping you identify your strengths and also improvement areas. The overall knowledge of the tool will offer you a lot of flexibility & variety to your behavior while dealing with any situation. Thus, it will help you in becoming a better person and professional.

Learning Objectives

- History and Development of the MBTI Instrument
- Jung’s Psychological Type Theory of Personality
- Meaning of the Term “Preferences”
- Explore Myers-Briggs 4 Preference pairs (Dichotomies)
- Know your own MBTI Type & it’s characteristics
- Brief Descriptions of 16 MBTI Personality Types
- Creating & Analyzing Team Type Table
- Type Dynamics
- Type & Stress
- Various applications of MBTI Preference Combinations/Type like – Contribution to Team, Career Interests, Building Strong Relationships, Teamwork & Productivity, Learning Styles, dealing with Change, Leading Style, Use of Information

Training Methodology

We at Xcelerate Training Institute utilize a variety of proven adult learning methodologies for enhancing participants overall learning experience. This program will be experiential and interactive. The tools used for learning will include presentations, individual and team activities, case studies, audio-video clips & knowledge reinforcement evaluation tests (MCQs/Quiz).

Benefits for Your Organization

- Improved Teamwork & Productivity
- Strengthening of Relationships & Improved Communication across teams, levels
- Enhanced Problem Solving & Decision-Making capability
- Improved expertise in conflict resolution skills
- Career Counseling/coaching
- Effectiveness in Planning, Implementing & Managing Organizational Change
- Recognizing & Managing Stress
- Improved Managerial & Leadership capability across levels
- Competent & Skillful Workforce
- Increased employee satisfaction
- Increased rate of retention of business-critical talent
- Culture of continuous learning & growth

Benefits for You

- Get deeper & richer insight into your personality and write your own destiny
- Exemplary self-awareness and self-esteem
- Exposure to various career options which are more suitable to an individual
- Better alignment of your interests, personality & various job roles leading to job satisfaction
- Excellent teamwork & enhanced productivity by recognizing and leveraging your strengths
- Understand & use the appropriate learning style suitable for your personality resulting in faster learning of new skills & competencies
- Expertise in building strong & healthy relationships with people in personal & professional life
- Get an Exceptional capability to deal with stressful situations
- Better change management
- Upgrade in crucial decision-making skills
- Improved managerial & leadership effectiveness
- Happy and satisfied personal & professional life

Target Audience

Xcelerate Training Institute recommends this course for:

- HR Professionals
- Trainers & Educator
- Learning and Development Professionals
- Organization Development Professionals
- Independent Consultants
- Coaches
- Organizational Leaders across industry
- Leads/Managers in any industry
- Students
- Homemakers
- Anybody, who is interested in continuous personality development

Course Outline

History and Development of the MBTI Instrument

- Key concepts related to MBTI
- Importance of self/personality awareness
- Basic details of the MBTI instrument
- Users of MBTI instrument across the globe
- Key people related to the development of the MBTI instrument

Jung's Psychological Type Theory of Personality

- The basic principle of the theory
- The "Inborn Tendencies"- Mental Processes
- The "Inborn Tendencies"- Attitudes or Orientations
- Jung's 8 Patterns of Mental Activity

Meaning of the term 'Preferences'

- Handedness activity
- 4 Preference pairs used in MBTI instrument
- MBTI theory

Explanation of 4 MBTI Dichotomies

- Extraversion (E) or Introversion (I)
- Sensing (S) or Intuition (N)
- Thinking (T) or Feeling (F)
- Judging (J) or Perceiving (P)

MBTI Personality Types

- Self-estimation of Personality Type
- Understanding 'Reported Type'
- Arriving at 'Best Fit Type'
- Introduction to 16 Different Personality Types

Details of 16 MBTI Personality Types

- Brief descriptions of each type
- Key characteristics of various personality types

Creating & Analyzing Team Type Table

- Process of creating team type table
- Function Pairs (Columns)
- Attitudes & Orientations of Energy (Rows)
- Application/interpretation of various preference combinations

Using Differences Constructively

- Mutual Usefulness of Opposite Preferences
- Using Type Differences at Work

- Contributions of The MBTI Preferences in Work Settings

Understanding Type Dynamics

- A One-Dimensional View
- A Dynamic Picture of Personality
- Basic Terms & Summary of Type Dynamics
- Hierarchy of The Functions
- Balance Provided by The Auxiliary Function
- Role of J-P Dichotomy in Type Dynamics
- 3 step process to decode Type Dynamics
- Details of Dominant Functions

Type & Stress

- Type Exaggeration
- Dealing with Stress
- Being “In the Grip” of the inferior function

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# Registration Form

## MBTI Personality Assessment Training Course

Preferred dates: ..... Venue or online: .....

Duration: 5 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

### Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

### Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

### Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Email: .....

### Payment

☐ Please invoice me ☐ Please invoice my company

Signature: ..... Date: .....

**Call**
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**Email this form**
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Open the course page