

Just My Type: Communicating Effectively With Diverse Styles

At-A-Glance

A **half-day** application-based program designed to help individuals understand their own and others personal style and preferences and the impact on communication, problem solving, and interpersonal relationships

Outcomes	<ul style="list-style-type: none">• Validate and become aware of your own and others' preferences• Explain the 8 preferences and styles within the MBTI framework• Explore strengths, blind spots and areas for improvement both individually and as a member of a team• Learn practical uses of the MBTI as a tool for increased collaboration, communication, and problem solving• Learn how to “speed read” others' preferences and adjust your style accordingly• Identify how you react under pressure and how to deal with it using your preference strengths
Target Audience	Anyone individual contributor or leader who wants to continue to increase effectiveness in self awareness, communication, and collaboration



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