



Understanding **P E R S O N A L I T Y**

About the Workshop

We are all aware that our personality has a great influence on the things we like and dislike as well as the people we naturally gravitate to and those we struggle to connect with. Using the MBTI personality assessment, this one day training workshop will lead participants on a journey of discovery about their personality. This journey will include :

- Learning how their own personality preferences affect the way they think and behave,
- Reflecting on the likely strengths and limitations of their personality preferences
- Growing in their respect of those with different personality preferences
- Understanding how to work more effectively with their colleagues

About the Facilitator

Simon Prince is a senior consultant and leads MDN Fusion's Leadership Development service. Simon is an experienced facilitator who has consulted with a wide range of organisations in many countries. Simon brings a very practical approach to training which comes from a career spent at the 'sharp end' of Operations and HR Management.

About MDN Fusion

MDN Fusion is a Leadership Development and Assessment consultancy. We have a passion for developing people to their full potential and work with organisations who share this desire for their team members. Our development solutions enable people to build the right attitudes and skills to be enduringly successful in the global market place.

To know oneself is half the battle. *Brendan Doyle*



For more information, contact Simon Prince at simonp@mdnfusion.in or +91 9711876668

“Whatever the circumstance of your life, the understanding of type can make your perceptions clearer, your judgements sounder, and your life closer to your heart's desire.”

- Isabel Briggs Myers

Our Approach

Before the workshop, each participant will complete the MBTI personality assessment online. Then, during the workshop, through a series of group discussions, activities and games, they will have the opportunity to discover their own personality preferences. Finally, they will be presented with a personalised MBTI report, which will describe their MBTI personality profile and a description of their likely approach to life and work.



Schedule

1. The four dimensions of personality type
2. Are you **Extrovert** or **Introvert**? - Where do you focus your energy and attention?
3. Are you **Sensing** or **iNtuitive**? - What kind of information do you like and trust?
4. Are you **Thinking** or **Feeling**? - How do you make decisions?
5. Are you **Judging** or **Perceiving**? - How do you relate to the outside world?
6. How personality affects our approach to work

“Hundreds of people have attended this workshop and have that it has given them a valuable new perspective on themselves and their colleagues, which has led to happier, more collaborative, and ultimately more successful teams.”

- Simon Prince



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