



## MBTI & Problem Solving

This four-hour workshop, *MBTI & Problem Solving*, is a great individual or team development session. Using the Myers Briggs Type Indicator, it creates insight and understanding at a personal and professional level. The workshop integrates MBTI with a simple problem solving process to help participants understand how to use their preferences effectively when solving problems. Resource materials are used to create a good understanding of MBTI and problem solving and then practice activities are used to apply the concepts.

### Program Objectives:

- Learn about MBTI and personal style
- Increase knowledge and skills in group problem solving

### Course Overview:

This course uses a highly interactive teaching style, combining discussions of relevant theory and principles with experiential activities to create a rich and engaging learning environment.

### Content:

- **MBTI:** Myers-Briggs Type Indicator background information and inventory
- **Extraversion vs. Introversion:** sources of energy
- **Sensing vs. Intuition:** process of data gathering
- **Thinking vs. Feeling:** preferred decision-making approach
- **Judging vs. Perceiving:** preference for organizing life and activity
- **Problem Solving Process:** 5-step problem solving process