



**Individual Session on
Understanding Self and Others Through
Myers Briggs Type Indicator® (MBTI®)**

Individual Session on Understanding Self & Others Through Myers-Briggs Type Indicator® (MBTI®)

Jean-Paul Sartre once remarked that “our job as individuals in quest of self-actualization, is to maximize the talent we possess. This can only happen when we have a clear understanding of our personality.”

We also understand that people possess different personalities, and that everyone wants to be treated in a manner that corresponds to who he/she thinks he/she is. In order to accomplish this, an understanding of self and others’ personality becomes paramount.

The question then arises, how to identify and understand ones’ and others’ personality? Fortunately, we have a psychological tool called “**Myers-Briggs Type Indicator®**” popularly known as (**MBTI®**), to help us achieve this objective.

What is MBTI®?

The *Myers-Briggs Type Indicator®* (MBTI®) tool is the most widely used and most trusted personality instrument in the world. It is a forced choice, self-report, personality questionnaire used to measure and describe people’s preferences for how they like to get information, make decisions and orient their lives. It is based on Carl Jung’s theory of perception and judgment and classifies people into 16 broad Personality Types.

MBTI® was developed by Katharine C Briggs and her daughter Isabel Briggs Myers and is based on the work of a Swiss psychiatrist named C. G. Jung who outlined psychological type theory in his book entitled “Psychological Types” published in 1921 and translated into English in 1923.

Benefits of Taking MBTI®

Taking the MBTI® inventory and receiving feedback will help a person identify his/her unique and latent gifts. It enhances understanding and awareness of one self, one’s preferences, interests, natural strengths and potential areas for growth. It will also help the person to understand and appreciate others who differ from him/her and encourages better inter-personal relationships and co-operation with others.

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It has an essential role to play in self-understanding and development, in building long term relationships, in team building, in understanding conflicts in organizations, in career exploration and development, in education and in influencing co-workers, subordinates, clients and customers. Each year, over 2 million people take the MBTI® instrument worldwide.

I am pleased to inform that I am providing individual session for students, parents and executives on personality awareness titled, **“Understanding Self and Others Through Myers-Briggs Type Indicator® (MBTI®)”**.

The Session

The session is designed such that one can increase his/her self-awareness and can become more adept at dealing with others. The person will be able to read and influence people better, be a better leader, manager, friend, parent, and spouse and approach life with a healthy curiosity toward what makes people “tick”.

The session will be conducted by the certified MBTI® practitioner in an interactive, participative and informal way. The Participant will have the opportunity to take the inventory and to discuss scoring implications.

The fee includes cost of resource material, using MBTI® instrument, its interpretation, application and feedback.

Session Details

Objectives:

- Develop holistic understanding about yourself.
- Know your personality profile.
- Manage relationships successfully.
- Build winning relations.

Who should attend?

Individuals who wish to explore their inner-self and develop effective interpersonal relationship skills.

Duration: 4 hours

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Contents:

- Introduction
- Administration of the MBTI®
- Personality preferences
- Identification of personality type
- Applications of personality type
- Feedback

Investment: Rs 5000.00 per participant

About Trainer

Dr. Anuj Bansal is an entrepreneur, educator, management certified career coach and a certified practitioner of Myers-Briggs Type Indicator® (MBTI®) Personality Inventory and Murphy-Meisgeier Type Indicator for Children® (MMTIC®) assessment. His area of interest is self-awareness, career coaching, counselling and guidance, individual growth and development and work with individuals, students and executives to help them make significant positive changes in their professional and personal lives. He conducts one-on-one coaching sessions, talks, seminars and workshops on related topics at academic, social and business settings.

Please [click](#) here for more information.

Client Speak

“The program was very good and has brought about understanding of sixteen personality types and their characteristics. It will help me in identifying type preferences in my human resource at SRF Ltd.

- *Santosh Pathak Chief Manager- HR, SRF Ltd.*

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“Understanding self & others through MBTI” workshop helped me to discover my personality type and made me aware of the individual differences. The knowledge gained has helped me immensely in my personal and professional life.”

- *Deepak Bhojwani, Entrepreneur*

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“It was a very interactive session and I would love to attend this type of sessions in future if I get the chance. It's really a means to know and enhance one's personality.”

- *Ritu Saxena, HR Executive, Cadbury India Pvt. Ltd*
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“Excellent workshop on understanding self and others, in a very scientific and rational way. Deals with practical aspects of life and equips one with the personality type concept that helps in building good interpersonal relationships.”

- *Prashant Rathi, CA, Rathi & Co*

“This program is very much essential for understanding oneself and others. It helps in developing one's personality and provides a framework to reduce conflict with others by creating an awareness of their personalities.”

- *Harihar Rout, HR Executive, Godrej Consumer Products Ltd.*

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“It was full of knowledge. All concepts told were new to me. I gained a lot. Now I can better understand my teachers, students and my family members too.

- *Anubha Mahendra, Academic Coordinator, Gwalior Glory High School*

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“It was a very good and unusual workshop to really know oneself. The earlier training sessions whichever I had attended, explained what you should do and should not do, but this workshop tells you what you are, what is your personality type and the areas you can improvise upon. It really helped me in building good interpersonal relationships in my personal as well as professional life.”

- *Shweta Sharma, Management Faculty, Jiwaji University*

For participation & more information, contact at:

mobile : +919826214570

email : anujbansal1@outlook.com

Website: www.anujbansal.in

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