





MBTI

The Four Myers-Briggs Preference Pairs

Extraversion  or  Introversion
Opposite ways to direct and receive energy

Sensing  or  iNtuition
Opposite ways to take in information

Thinking  or  Feeling
Opposite ways to decide and come to conclusions

Judging  or  Perceiving
Opposite ways to approach the outside world

MBTI is the world's most widely used personality assessment tool for a reason.

We use the MBTI assessment framework in individual and group coaching as a basis to help people better understand themselves in a way that is relevant to them.

Our team don't just run the MBTI assessments, they bring the outcomes to life and make them relevant for your people and your organisation with clearly identified next steps. We can focus on individuals or individuals and teams help individuals understand:

- What does this mean for me?
- What does this mean for my team?
- What does this mean for my organisation?
- How can I use this to enhance my key skills and competencies.