

MYERS BRIGGS TYPE INDICATOR

About the instrument

The Myers-Briggs Type Indicator (MBTI) is the world's leading personality assessment instrument. The authors of the MBTI, Katherine Cook Briggs and her daughter, Isabel Briggs Myers, were astute observers of human personality differences. They studied and elaborated on the theories of Swiss psychiatrist Carl G. Jung and applied these theories to acquiring a better understanding of people and their preferences for communicating with others. The waste of human potential in World War II sparked the development of the MBTI by Myers and gave rise to her desire to give a wide range of individual's access to the benefits found in understanding human differences as they relate to different psychological types.

The MBTI provides information about people's preferences for communicating and dealing with information. These preferences deal with;

- where people focus their attention – outer world or inner world (Extroversion vs Introversion scale)
- how people prefer to take in information or find out about things (Sensing vs Intuition scale)
- how people prefer to make decisions (Thinking vs Feeling scale)
- how people are oriented toward the outer world Judging vs Perceiving scale)

The MBTI has been used successfully by several millions of people;

- find new careers
- create productive and effective work teams
- build self confidence
- enrich interpersonal relationships
- develop teaching and learning styles

Benefits of the MBTI

- greater understanding of self and others
- improved communication skills
- ability to understand others and reduce conflict
- improved time management
- knowledge of your managerial style and its strengths and drawbacks
- knowing your contribution in a team
- identifying the tasks and jobs that give satisfaction