

## Type and Coaching

Myers-Briggs Type Indicator® (MBTI®) Master Class Series workshops are designed for certified practitioners who wish to deepen their understanding of type theory and its practical application.

Planning for individual development requires making an honest assessment of one's goals and needs as well as identifying realistic steps to take to move forward. Many people interested in personal or professional development seek the assistance of a coach. While there are several ways to define coaching, for us it is the art of:

- Exploring and improving awareness
- Identifying personal strengths
- Understanding and managing, or compensating for, blind spots and developmental needs
- Strategizing for career and personal development

Source: *Introduction to Type® and Coaching* (2011) by Sandra Krebs Hirsh and Jane A.G. Kise

This workshop is designed for MBTI® certified practitioners who are engaged in personal and professional coaching. The focus of the workshop is to offer practical and experiential techniques to coaches who want to better apply type theory in their coaching practice.

### You will learn to:

Use the MBTI® instrument and type knowledge to enhance coaching activities

Increase effectiveness as a coach with type-based exercises

Identify techniques for engaging coachees in their development

Practise type-based coaching techniques to align with the learning and motivational needs of coachees

Apply type to improve the communication, problem-solving and interpersonal skills of coachees

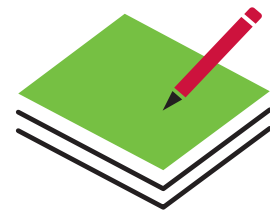
### Other MBTI® Master Class Workshops

- Adv. Applications
- Type and Change
- Type and Conflict
- Type and Leadership
- Type and Teams
- Practitioner Refresher

“ Beyond the introductory level awaits much deeper and profound opportunities for practitioners and their clients to apply type theory for more focused development.”

Dr Martin Boulton,  
Senior Director  
and Psychologist  
The Myers-Briggs  
Company

# Boost your confidence



To attend the Advanced MBTI® Applications Master Class, you need to be certified to administer the MBTI® instrument.

See [www.themyersbriggs.com](http://www.themyersbriggs.com) to find out about MBTI® certification.

## Workshop resources

Participant Resource Guide

Introduction to Type® and Coaching (2<sup>nd</sup> Ed.) booklet

The workshop environment offers participants a unique opportunity to interact, learn and exchange experiences with other MBTI® certified practitioners who are applying personality type within their organizations.

## Build your skills with MBTI® Master Class Workshops

### About The Myers-Briggs Company

In our fast-changing world, your edge lies in harnessing 100 percent of your talent – at work, home, college, or anywhere in between.

The Myers-Briggs Company empowers people to be the best versions of themselves. By enriching self-awareness and understanding of others, we help organizations around the world to improve teamwork, develop inspirational leaders, foster diversity, and solve their most complex people challenges.

We're established assessment developers, expert trainers and experienced psychologists. Our powerfully practical solutions are grounded in a deep understanding of the trends that affect people and organizations today, and we're ready to help you succeed.

### Get in touch

Have you got a question?  
Contact our MBTI® experts:  
[www.themyersbriggs.com](http://www.themyersbriggs.com)

