

# MBTI<sup>®</sup> Step I Refresher Programme

## About the MBTI instrument

The Myers-Briggs Type Indicator<sup>®</sup> (MBTI<sup>®</sup>) Step I instrument is a versatile tool, which provides individuals and teams with a powerful understanding of their own and others' personality style. By understanding the differences between personality types, groups and individuals are able to work together more effectively, improving communication and reducing conflict.

This instrument can be used in one-to-one and group settings, and has a wide range of workplace applications including: individual development and executive coaching; management and leadership development; teambuilding and development; organisational change and improving communication.

## Who can attend?

This programme is aimed at MBTI Step I qualified practitioners who wish to refresh their knowledge and skills.

## Programme dates

Please visit our website to view our 2009 training dates at [www.opp.eu.com/calendar](http://www.opp.eu.com/calendar).

## Fee

Please visit our website to view our full price list at [www.opp.eu.com/pricelist](http://www.opp.eu.com/pricelist).

## How to book

### By telephone

Call our Learning Operations team on **0845 603 9958**.

### Online

Book online at [www.opp.eu.com/shop](http://www.opp.eu.com/shop).

### By email

Send an email including course and participant details to [learning@opp.eu.com](mailto:learning@opp.eu.com).

### By fax

Complete the programme booking form and fax to **01865 511222**.

### By post

Complete the programme booking form, enclosing a cheque or credit card details and send it to the address at the end of this info sheet.

## Duration

One-day programme

## Locations

Bristol, London, Oxford

Also available as an in-house programme for organisations with several participants (see over).

## Programme outline

This programme uses a variety of learning methods, including interactive exercises, group work, presentations and peer feedback. The following areas will be covered:

- Clarification about the meaning of the four type dichotomies
- Practice sessions for feedback and interpretation skills
- Revision of possible applications and appropriate uses of the instrument
- 'Ask the experts' question-and-answer session.

## Benefits for you and your organisation

This programme has been designed for qualified practitioners of the MBTI Step I instrument, who may not have used it for some time. The day will remind participants of the many important concepts relating to the MBTI instrument, help to improve feedback skills and enhance general understanding of the questionnaire.

On completion of this programme, you will regain your confidence in applying the MBTI Step I instrument, without re-taking qualifying training.

## OPP<sup>®</sup> Ltd

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### Do you have six or more people who wish to attend? Why not try one of our in-house programmes?

OPP has many years' experience of providing 'in-house' programmes for clients, where one of OPP's renowned psychometric programmes is run exclusively for your employees at a venue of your choice. Benefits include:

- Flexibility – date, venue to suit you and tailored to your organisation's needs.
- Value – cost per participant significantly less, relevant to your organisation and its issues.
- Quality – increase employee motivation and improve teamwork within your organisation.

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