

Building Better Working Relationships Through Understanding Style Differences

Overview

Learn how style preferences affect how you and others take in information, make decisions, handle stress, approach problems, and communicate. Using the Myers Briggs Type Indicator assessment, exercises and discussion, you'll learn how to apply this knowledge to manage conflict and have more productive working relationships. The MBTI assessment is administered via the web prior to the workshop. This workshop can be customized for groups of leaders, intact teams, or large cross-functional groups.

This workshop is especially relevant for work groups that want to build strong working relationships.

Options

- Half-day sessions for groups of up to 30
- Customized version for leaders to explore the application of style in leading others
- Customized version for work teams to explore specific implications of style for the team

Benefits for You

- Understand how your style preferences and those of others affect all aspects of working together
- Gain a framework in which you can understand and better handle conflict
- Appreciate more fully the value that different perspectives and approaches bring to a team

Workshop Content

This workshop includes lecture, discussion, and many exercises to illustrate style differences and their impact on working relationships. Each participant receives personalized MBTI assessment results.

Topics covered:

- Overview of the Myers Briggs style preferences
- What the style preferences mean for you
- Clues for assessing style preferences in others
- How style difference create friction and how to manage style friction
- Communication strategies across type
- For work groups: examine style differences across the team and what these mean for the team
- For leaders: learn how understanding style differences can help you lead effectively