

MBTI Myers-Briggs Type Indicator®

The Myers-Briggs Type Indicator (MBTI) assessment has helped millions of people worldwide gain insights about themselves and how they interact with others—and improve how they communicate, learn and work. It provides a powerful framework for building better relationships—driving positive change, harnessing innovation, and achieving excellence. The MBTI assessment makes Carl Jung’s theory of psychological type both understandable and highly practical by helping individuals identify their preferences in four areas.

This is considered the world’s most trusted personality assessment because it is:

- Easy to grasp
- Insightful and thought provoking
- Reliable and valid, backed by ongoing global research and development investment
- Highly flexible in terms of administration options and applications

The MBTI assessment is ideal for a wide range of applications including:

- Team Development—helps ease communication among team members, identify team strengths and weaknesses and create action plans for improved performance
- Leadership Development—deepens leaders’ understanding of their personality type and types of those they are leading to help them manage better, give more meaningful feedback, and improve individual and team performance
- Conflict Management—improves skills in identifying sources of conflict and intervening early to prevent underperformance, disruption and disengagement
- Stress Management—builds resilience, increases productivity, and offers strategies for identifying and management stress triggers
- Career Transition and Planning—helps guide individuals on career choice, development and management

