



Myers Briggs Personality Types



What Is Your Type!

OBJECTIVE:

- Gain an understanding of the Myers-Briggs Personality Types to use for your own personal self-understanding, as well as understanding and relating to others more effectively.
- Gain an understanding of your preferred communication style.
- Identify your strengths and how to use them to the best advantage.
- Identify strengths in those different from you - understand those differences.
- Look at your colleagues and others – how the different types contribute; how to understand and manage personalities – your own and others!
- Determine your leadership style, the advantages, pitfalls and how to maximize your impact.
- Review how MBTI can be used to improve communication, to use in team- building, to reduce stress and conflict, as well as to better understand your clients and colleagues.
- Develop action plans for increased effectiveness.

FACILITATOR: HEATHER ERHARD, CMC

Heather Erhard, CMC, is the founder and Director of Erhard Associates, a management consulting firm dedicated to improving personal, team and organizational effectiveness. She brings over 20 years experience in leadership development, strategic planning, team building, facilitation and coaching. She works extensively in the areas of Emotional Intelligence and Myers Briggs Personality types, presenting at conferences, facilitating workshops and personal coaching. Heather has taught at the University of Manitoba, the University of Winnipeg and Queen's University. Her passion is coaching individuals and groups to move the next level of excellence.



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The Learning Company
In The Town Centre
800 Rosser Avenue
204-725-7200 • 1-877-757-7575
info@thelearningcompany.ca
www.thelearningcompany.ca