

# Better all-round performance



## The MBTI® assessment

When people are self-aware, they can realize more of their potential. The *Myers-Briggs Type Indicator*® (MBTI®) assessment provides an easy-to-understand framework for improving self-awareness.

Use the MBTI assessment to help people:

- Understand their personality type
- Identify their strengths and development areas
- Understand why people behave differently
- Communicate better with people at work and at home

When we understand people better, we can work together and perform better. The MBTI assessment helps people, teams and organizations to do this.

Use the MBTI  
assessment for:

- Communication
- Leadership
- Decision-making
- Change management
- Stress management
- Coaching
- Career development

### MBTI features

Focuses on self-awareness and differences between people

Uses accessible, positive language and ideas to explain personality preferences

Offers a wide range of workplace uses

Is the world's most widely-used personality assessment

### MBTI benefits

Helps everyone to perform better, whatever their role

Makes self-awareness easy to learn and apply

Provides a great return on investment

Creates trust because it is established with proven credibility

“ I'll never  
turn down  
an MBTI session...  
it's invaluable.

Area Manager,  
international  
pharmaceuticals  
and healthcare company

