



## PERSONAL AND TEAM PRODUCTIVITY

The MBTI® is a developmental tool that enables individuals and groups to explore how people interact, focus attention and energy, structure work. These preferences can be explored at an individual and team level through an on-line questionnaire and the results used to improve team working.

It is the result of over 70 years of research and development, and is the most widely used psychometric for understanding normal personality preferences. It is most useful in understanding - and valuing - difference, a vital awareness in all working environments.

### THE BENEFITS

The MBTI identifies differences between people that can lead to misunderstanding and miscommunication. In further understanding ourselves, we are better able to utilise and manage the different skills that people bring to work, particularly in teams, and explore our own strengths and areas for potential growth.

Our workshops will:

- Drive individual understanding and personal development
- Improve interpersonal skills and relationships
- Enhance understanding of personal responses to pressure and stress
- Contribute to leadership, career and team development
- Help people to manage personal and organisational change

### HOW DOES ACUMEN USE THE MBTI?

We use the accredited online questionnaire, combined with self-reporting, in a facilitated workshop conducted by a qualified and experienced practitioner. The focus of workshops will be on personal development, improving team productivity, or developing managerial and leadership skill.

Our varied, interesting and challenging experiential projects are deployed to see preferences in action. This approach also enhances the power and applicability of the learning for all. We always finish with focused planning sessions, to make sure that learning is carried back to, and implemented, at work.

