



# Myers-Briggs Type Indicator Instrument

The Myers-Briggs Type Indicator (MBTI) instrument has been used extensively in a wide range of industries and organizations to help individuals and teams identify and explore the differences in people's key mental processes. Specifically, the MBTI instrument focuses on these functions:

- The source of your energy & orientation to the world (introversion vs. extroversion)
- Your preferred approach to gathering information (strategic vs. tactical)
- Your preferred method of processing information (analytical vs. emotional)
- Your preferred style for making decisions (closure vs. options)

The intent of the instrument is to help you identify your *preferences* in these mental functions, not your level of skill. It will help to describe *how* you prefer to think and work, but does not measure competence or professional knowledge. The results of your individual assessment can help set the stage for your development, with particular focus on leveraging strengths and cultivating areas of low functionality to enhance individual and team performance effectiveness.

A certified MBTI administrator is required to facilitate the MBTI instrument and provide development coaching following the assessment. We are certified administrators, and would be delighted to assist you and your organization in facilitating this valuable instrument. Please call or email us to discuss the MBTI instrument and individual or team development coaching:

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