

Will deliver the following course as detailed below:

Lifting the lid on Myers Briggs – Cooperation or Conflict?

Date: 23rd September 2022
Location: Clinical Practice Centre, St James Hospital
CPD Points: 6
Times: 9:00am-4:00pm
Facilitator: Jo McHugh



Have you ever wondered what makes people tick? Why is it that some people can think on their feet and you can't? Why does your colleague leave things to the last minute and you are always on time? Based on the well-known Myers Briggs personality styles, this course explores the range of styles and their relevance, particularly within team working, communication and conflict between types. It will enable delegates to recognise, respond to and benefit from different personalities in the workplace.

Measurable Aims: At the end of this programme, the delegate can:

- Identify the key characteristics of their own Myers Briggs style
- Explain differences between styles at opposite ends of each preference scale
- List ways in which they can improve their interaction with different types and conflict handling styles to minimise the potential for conflict
- If appropriate, identify where there may be weaknesses in their team map and identify how they could address such weaknesses

The Programme Includes:

- A brief history of Myers Briggs
- The four preference scales
- Communication, conflict and Myers Briggs