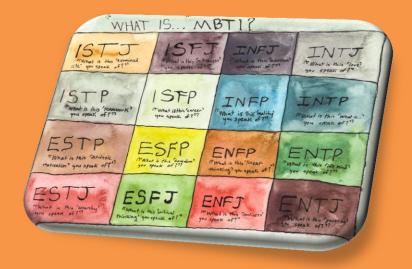


# Personality Types At Work.



#### www.hda.co.uk

## Using MBTI To Strengthen Your Organisation

Because your people are your number one resource, it often means many personalities working together in the same office. This can lead to great collaboration, as much as difficult conflicts and misunderstood communications.

Let us help bring personality knowledge to you and your staff and give you the tools to discern traits and preferences.

#### The World's Most Widely - Used Personality Assessment

The Myers-Briggs Type Indicator (MBTI) assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. The MBTI is 98% reliable on retesting and has 50 years of proven data behind it.



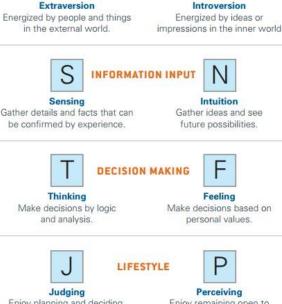
### **Applications**

- Career development
- Career orientation
- Coaching
- Communication •
- Conflict management
- Decision-making
- Leadership development
- Managing change
- **Building resilience**
- Team development

FOCUS OF ATTENTION

#### What are the benefits of knowing your type?

- Greater understanding of yourself and others
- Improved communication skills
- Ability to understand and reduce conflict
- Increased ability to manage change and reduce stress.
- Improved time management
- Knowledge of your personal and work style and its strengths and development areas
- Identify the jobs and tasks that give you satisfaction



Enjoy planning and deciding.

Enjoy remaining open to new options.

EMAIL: info@hda.co.uk

www.hda.co.uk