

The Myers-Briggs Type Indicator (MBTI®) and Enneagram: Keys to Self-Understanding WORKSHOP PROPOSAL

This workshop presents a unique model to facilitate personal growth incorporating the use of the Myers Briggs Type Indicator® (MBTI®) and the Enneagram personality typing systems. The model, Keys to Self-Understanding, has been in place for over 30 years. It has been used by hundreds of individuals, presented at countless workshops and conferences, and found to be highly effective. By exploring the roles of different aspects of personality, participants can gain a better understanding of self and others. This understanding contributes to improved communication, increased contribution and better cooperation.

This is an introductory, full-day workshop. Multi-day workshops with more in-depth information can be created and customized based on the needs of the organization and its personnel.

Participants will receive a basic overview, with PPT presentation and handouts, of the model, the MBTI® and the Enneagram, and the brain science behind how the two systems operate and interact within an individual. This workshop format provides interactive instruction with opportunities for skill development through experiential exercises. Participants will:

- 1) understand the origins of internal conflict and confusing or irrational behaviors
- 2) experience the shifting between the two systems
- 3) better grasp how they (and others) operate
- 4) recognize the major impediments to good communication

Throughout the workshop, there will be many opportunities for Q&A and optional individual sharing. Each participant will receive a free, 30-minute consultation after the workshop, allowing for relevant and individualized application of the concepts and skills presented.

If you envision this workshop could be a good fit for your organization, I would be happy to discuss this proposal further. I can be reached at jillmorgan99@gmail.com or (520) 271-7071.