MBTI®: individual coaching sessions

Why is it important for you to take part in this coaching session?

MBTI® (Myers-Briggs Type Indicator) is the most popular and widespread in the world of business-practice psychological tool to understand individual differences in behavior of different people.

MBTI® gives you a framework for understanding yourself and appreciating the differences in others. It helps you look in a constructive and positive way at important differences between people in such areas as:
- Communication
- Decision making and problem-solving
- Conflict management
- Change management
- Stress management.

Advantages of MBTI® coaching session:
- One-on-one coaching session that helps you define your MBTI type
- Focus on areas of MBTI® application, that are of most interest for you
- Prepare your individual development plan and have a possibility to continue personal development during further coaching sessions or group workshops.

Who is this coaching session for?

The session will be useful for professionals at all levels - from junior specialists to senior managers. An individual session is a great solution for those who find it difficult to fit in a public workshop in their busy schedule. It will be ideal for those who prefer to study new ideas and tools individually and have the maximum attention from a consultant.
What are coaching session’s objectives?

▶ To help to identify and analyze your own MBTI® type
▶ To analyze your own behavior and communication style in different situations, and compare it with the behavior and communication styles of others
▶ To identify strengths and areas for further development
▶ To develop recommendations for improving personal effectiveness, improve the quality of communication.

What are the key features:

▶ Coaching sessions can be held in Russian or English
▶ Session participants receive specially designed materials in Russian or English
▶ A session participant will take an online MBTI® assessment
▶ A certified MBTI® practitioner will interpret the assessment results and help developing an individual development plan.

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Session outline

Defining goals and objectives of the coaching session
Introduction to the MBTI® tool. MBTI® history and concepts

Defining your MBTI® type:

▶ Where do you get the energy and where it is directed
▶ How do you get the information, what information you trust
▶ What do you rely on when making decisions
▶ How do you interact with the world around you

Defining personal MBTI® type

▶ Key characteristics and features of your MBTI® type
▶ Strengths and areas for development
▶ Behavior in stressful situations

Creating an action plan to increase personal effectiveness.

Recommended training path

MBTI®: individual coaching sessions
MBTI®: increasing personal and team effectiveness
MBTI®: developing leadership potential
MBTI®: leader and stress
MBTI®: leader and their team in the period of change

How to register for a session?

Please register online: http://bit.ly/2ePIADJ

Place and time

Individual coaching session is held at the EY Academy of Business at a time convenient for you.
It is possible to hold a session over phone, Skype or video conferencing.