



**THE
ENTERPRISE
CENTRE**

Team Dynamics

ENT1538

(1 Day)

Objective

This workshop is for anyone looking to understand their own and others' personality preferences. Using the Myers-Briggs Type Indicator, we the participant will know how personality preferences operate in the work environment, how they build and fit into effective work teams, how they deal with change and stress, and how they manage time and other performance issues. They will explore their personal preferences and relate these to their role in the organization. From this they are able to develop positive communication strategies, better work habits and a clearer picture of how other peoples' preferences affect them.

Process

Participants will be asked to complete a Myers-Briggs Type Indicator instrument. This is not an IQ or other psychological test; it is an inventory of personal preferences. They will then be asked to participate in a variety of exercises designed to stimulate discussion of the topics covered and practice techniques for later use in a work environment. This workshop is open to the public. It is wise, and strongly suggested, that natural work units, like your department or section, attend - especially if you've just gone through a process of downsizing.

Participants will be able to:

- identify and understand personality preferences
- identify and flex to the personality preferences of others
- relate preference to the work environment, including time management, team development and personal performance issues
- understand how preferences work when they are in "the grip" (under stress)

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