

Myers-Briggs Type Indicator (MBTI)

The MBTI assessment helps people identify their preferences on four dichotomies:

1. Extraversion or Introversion (focusing attention and getting energy)
2. Sensing or Intuition (taking in information)
3. Thinking or Feeling (making decisions)
4. Judging or Perceiving (dealing with the external world)

The various combinations of those four preferences result in 16 distinct personality types – all of which bring an equally valuable perspective and equally important contributions to human interactions. But a type is more than just the sum of four preferences. People's four-letter MBTI type code is a simple way of signifying the interaction of their preferences. Learning about this interaction, known as type dynamics, is an important part of understanding and making the best use of MBTI results.

Key Benefits

The MBTI assessment is:

- Easy to grasp, insightful, and thought provoking
- Highly reliable and valid, backed by ongoing global research and development investment
- Highly flexible in terms of administration options and application areas
- Available in 20+ languages – with new translations constantly in development
- Backed by excellent support and guidance, with numerous resources and reference materials – representing a wide range of communities – both online and in printed form

The MBTI is useful for team development, leadership development, interpersonal skills development, conflict management, executive and line manager coaching, stress management, and career transition and planning.

