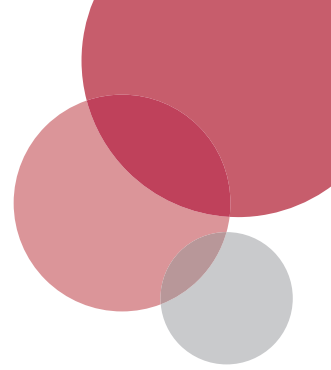


Myers Briggs Type Instrument



The MBTI® instrument is based on Jung's theory of psychological type. Over 50 years ago, Isabel Briggs Myers was inspired by her mother Katharine Cook Briggs' insights into human behaviour and worked to combine them with Jung's theory of personality differences to develop the very first MBTI® questionnaire.

The MBTI® Instrument is recognised all over the world as a foundation for individual development and improved self awareness. The MBTI's positive approach to understanding differences between people has made it the world's most popular personality assessment.

The tool works best in:

- Team fit
- Development at all levels
- Conflict management
- Coaching at manager and executive level
- Stress management
- Interpersonal skill development
- Career transition and planning

