

Strengthen Team Relationships with Myers-Briggs®

Effective team building is crucial to the success of an organization. Unfortunately, it is challenging to continually maintain a team atmosphere within a group of highly intelligent, hard-driving professionals. In today's fast paced work environment, interpersonal relationships benefit enormously from a tune-up. Investing one day of your time to learn a powerful tool that will help you improve your interpersonal relationships at work is a smart strategic move.



Learning Objectives:

CLARION'S Team Building Workshop will increase your team's productivity and engagement by removing the interpersonal barriers that waste time. In this highly interactive workshop, you will learn:

- A framework in which team members can understand their communication style and better handle how others react to them
- Explore the different ways in which people manage conflict and become aware of pitfalls and ways that people unwittingly escalate conflict with other types
- Understand the triggers for your specific type, how your type reacts to stress; conserve your energy and build resilience
- Define the strengths of your team and know how to leverage the team's diversity for enhanced teamwork
- Learn the possible blind spots and areas for development for your type
- Understand what irritates you about others and how you might irritate others and what to do about it
- Learn to understand the different approaches of team members in important team processes such as problem solving and coping with change
- Understand your leadership style and its effect on the team
- Understand the connection between emotional intelligence and your type
- Understand the contributions each type makes to the innovation process

Workshop Experiences:

- Viewing of DVDs
- Personal reflection exercises
- Experiential activities to deepen learning
- Facilitated discussion

Note: before the workshop, participants will be asked to complete the Myers-Briggs Type Indicator®, a 93-question assessment of personal preferences. The online assessment takes about 20 to 30 minutes to complete. The results of each participant's MBTI® will be provided to them at the workshop.

Who Should Attend:

- Supervisors, Team Leads and Managers
- Individual Contributors who want to get maximum leverage out of their MBTI report

Through a unique approach to the Myers Briggs Type Indicator, the key presenter, Bruna Martinuzzi, uses her vast experience to guide and encourage people to enhance their self-awareness and explore their strengths and areas for development. Her style has been labeled as warm and inspiring and the workshop experiences are fast paced, information packed and incredibly practical.



Sample Testimonials from Past Participants:

“Thank you for this great presentation. I have learned much and got a lot of answers about myself and how others think and react and why.” Simona Doaga, McKesson Medical Imaging

“This workshop brought a scientific approach to human relations and gave us tools and ‘how to’ methods for improving our team work. Serge Gryb, McKesson Medical Imaging

“This was an exceptional workshop! Very interesting and useful.” Clara Soyris, University of BC

“Thank you for the wonderful work you did with our staff. They received a lot of insight and value!” Gary Jasper, Envision Financial

Length: 1 day (2 day option also available)