

## **Enrich Your Life with the Myers-Briggs: How to Use Knowledge of Type for Improved Relationships**



### **Description**

The Myers-Briggs Assessment is a powerful self-discovery tool that will help you in understanding yourself in a relationship and understanding your partner. It is not a test for choosing the right partner—no test will accomplish that. Rather, the MBTI is a useful and proven aid for helping you navigate the joys and challenges that your particular type would encounter in a relationship with a person of the same or different type. It gives you a window into the other person, a key that unlocks many aspects of personality. There is no good or bad type, just different types. Understanding those differences will help you appreciate each other and understand the many different things that we do to drive each other crazy. It puts these things in the context of type—and we get the gift of seeing another person and ourselves with an objective view. Knowing the type of important people in our lives can lower our stress and give us tools on how to interact effectively with that person. The discovery is also fun for both parties!

Couples entering marriage would benefit from the gift of type discovery much more than receiving a toaster oven! Giving such a gift as a wedding gift is a gift that never wears out, breaks down, expires or becomes out of

style or obsolete. It is a gift for life. (The MBTI is not recommended for couples undergoing divorce —it could help in facilitating communication in a difficult situation but will not take the place of the help of professionals such as marriage or legal counselors.)

Entire families can benefit from knowing each others' type. Discover more about your parents and siblings. Use it for better understanding of an important friend. In short, the MBTI can be a practical and useful tool for having a more optimal relationship with yourself and significant others in your life.

## What you will learn

- Become aware of how others view you
- Discover how to best communicate with different types
- Become aware of potential blind spots and get suggestions for development
- Use knowledge of your type to understand challenges such as dealing with change, time management and decision-making
- Identify when you and others are under stress and how to most effectively get out of it
- Understand your conflict resolution style and what you can do to improve
- Understand the dynamics of family relationships and how to get along better
- Discover the joys and challenges of interacting with your partner's type
- Use your increased self-awareness to help you succeed

To receive your MBTI assessment and personal coaching session: contact:

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