MYERS-BRIGGS TYPE INDICATOR®

Work Styles Report

ENHANCING TWO-WAY COMMUNICATION IN ORGANIZATIONS

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Report prepared for

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HOW THIS REPORT CAN HELP YOU

The purpose of this report is to help you improve your working relationship. The report applies your results on the *Myers-Briggs Type Indicator*® (MBTI®) instrument. The MBTI instrument is based on the theory of personality types described by Carl Jung and Isabel Briggs Myers and Katharine Briggs. This theory states that many of the valuable differences between people are a result of natural preferences that everyone has for different ways of perceiving, or taking in information, and for different ways of judging, or making decisions. If these natural differences can be understood and appreciated, working relationships can be improved.

Specifically, this report will help you

- Better understand how you communicate with each other
- Identify possible sources of misunderstanding
- Resolve or avoid communication conflicts
- Build on your combined strengths to develop a more productive working relationship

To make the most of this report, you should have already had an interpretation of the Myers-BriggsTM instrument by a qualified practitioner. You should also have verified your best-fit type.

So that you both have the same information, an identical report has been prepared for each of you. Thus this report contains not only your MBTI preferences but also those of your colleague. *Please respect your colleague's right to confidentiality*. Although you may decide to share your own type with others, never reveal your colleague's type to anyone. Only he or she can decide to whom and under what conditions to disclose that information.

This report, based on years of experience and research with the MBTI instrument, contains the following sections:

- The MBTI Dichotomies
- Your MBTI Type at Work
- Communication Style
- Information Gathering
- Decision Making
- Project Management
- Next Steps
- Further Reading



THE MBTI DICHOTOMIES

The MBTI instrument contains four dichotomies, and each dichotomy has two choices, as shown by the letters below (E or I, S or N, T or F, and J or P). Your preferences and your colleague's preferences on these dichotomies affect how you work with each other and with other people.

WHERE DO YOU FOCUS YOUR ATTENTION AND ENERGY?



EEXTRAVERSION

The outer world of people or things



INTROVERSION

The inner world of ideas or impressions

HOW DO YOU PREFER TO TAKE IN INFORMATION?



SENSING

Focus on what is real to the five senses—facts and concrete data



N INTUITION

Focus on what is possible—hunches, patterns, and relationships

HOW DO YOU PREFER TO MAKE DECISIONS?



 $\mathsf{T}_{\mathsf{THINKING}}$

Logical analysis based on cause and effect



F FEELING

Concern with values and how others may be affected

HOW DO YOU PREFER TO DEAL WITH THE OUTER WORLD?



JUDGING

Come to closure; make decisions; organize



PERCEIVING

Seek to understand; collect information; adapt

The table displays the 16 personality types that result from the combination of these four dichotomies. The four-letter types in large print are the types you confirmed as your best-fit types.

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ



YOUR MBTI TYPE AT WORK

Your personality type may affect how you do your work and what you consider important. Below is a description of your personality type in work environments.

The percentage of your MBTI type among managers is based on the MBTI results of 26,477 participants in programs at the Center for Creative Leadership.¹ The percentage of your type among the population is based on a national representative sample of 3,009 adult men and women in the United States.²

	Jane ENTP EXTRAVERTED INTUITION	John ESFJ EXTRAVERTED FEELING
FREQUENCY	8.0% of managers3.2% of population	3.2% of managers12.3% of population
GENERAL DESCRIPTION	 Creative, curious, assertive, independent, logical, adaptable, energetic Task oriented 	 Warm, caring, helpful, practical, decisive, responsible, loyal Relationship oriented
PRIMARY MOTIVATOR	Opportunity to face new challenges and the freedom to pursue them	Opportunity to provide personal service and tangible help to others
WORK STYLE	Infuse a team with enthusiasmTake on new challenges	Sustain harmonious relationshipsPreserve what works
WORK ENVIRONMENT	EntrepreneurialFast-paced	CollaborativeSupportive
VALUES	 Questioning established values Risk taking, variety Achievement	Belonging to a groupFriendshipSpirituality
DEALING WITH CHANGE	 Must see enthusiasm when change is presented Need to see the big picture and options for change 	 Must see change as realistic and in step with organization's traditions Must see the tangible benefits for people
POTENTIAL PROBLEMS	Rebel against authorityFail to state expectations clearlyBecome scattered	 Be judgmental Miss trends or changes in the environment Be overly sensitive

¹ Fleenor, J. (1997). The relationship between the MBTI and measures of personality and performance in management groups. Table 2. In C. Fitzgerald & L. K. Kirby (Eds.), *Developing Leaders* (pp. 115–138). Palo Alto, CA: Consulting Psychologists Press, Inc. Data are based on MBTI Form G results.

² Myers, I. B., McCaulley, M. H., Quenk, N. L., & Hammer, A. L. (1998). *The MBTI manual: A guide to the development and use of the Myers-Briggs Type Indicator* (3rd ed.). Table 14.1. Palo Alto, CA: Consulting Psychologists Press, Inc. Data are based on MBTI Form M results.



COMMUNICATION STYLE

Communication style refers to how you prefer to communicate your ideas, opinions, or feelings to others. Your communication style is primarily influenced by your preference on the Extraversion–Introversion dichotomy of the MBTI instrument.

Your responses to the Myers-BriggsTM questions show that you both have the same preference on the E–I dichotomy. Your communication styles will therefore tend to be similar, although probably not exactly alike.



- · Like to be around others to discuss whatever comes to mind
- Discuss issues informally by dropping in a colleague's office or catching someone in the hall
- Prefer to listen or talk rather than read
- Arrive at their best solutions through discussion
- · Not know what they think until they hear themselves say it
- Need constant feedback from others as they discuss
- · Deal with conflict by attempting to find a solution that meets the goals of both parties
- Seek a work environment full of energy, excitement, and external stimulation
- Move quickly in conversation from one topic to another without pausing
- Want to include others in their decision-making process
- Speak up frequently in meetings



Potential Problems in Communication Style

You have similar communication styles and may feel comfortable with this aspect of your work relationship. However, there are two possible sources of communication problems. First, the similarity itself may cause conflict with one another. Second, since you have the same preferences you also have the same blind spots, which can cause problems communicating with other people.

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• Have trouble really listening to each other, because each of you may want to do all of the talking	
Interrupt each other or complete each other's sentences	
Compete to be the center of attention in meetings	
Act quickly without taking time to reflect	
Overwhelm more introverted team members with the amount of your talk	
Annoy others by spending too much time off-task or in social conversation	
Fail to document decisions in writing so that others who are not present can be informed	

Joint Action Plan for Communication Style

The suggested action steps below address both kinds of potential communication problems for people with the same preferences: (1) problems with each other due to the similarity itself and (2) problems communicating with others due to having the same blind spots. It is important that you work on these issues together. Note which steps you agree to take and which steps need further discussion.

Agree	Discuss	
		Use active listening techniques, such as paraphrasing or summarizing, before giving your own opinion
		Try not to interrupt when your colleague is speaking; when you are speaking, stop occasionally to give your colleague a chance to respond
		In meetings, take turns talking
		After you think you are at a decision point, put it aside for an agreed-upon time to allow for reflection
		Specifically ask more introverted members for their opinions; then <i>pause</i> to give them a chance to respond!
		Continue to make time for socializing, perhaps even build it into the agenda, but set a limit on it
		Put your decision in writing and distribute it to those who need to know



INFORMATION GATHERING

Your preference for gathering information determines both what kind of information you look for and what information you may be willing to trust as evidence. Your preference on the Sensing–Intuition dichotomy relates to how you prefer to gather information.

Your responses to the MBTI questions show that you have different preferences on the S–N dichotomy. You will tend to have different styles of gathering information.

Jane ENTP PEOPLE WHO PREFER INTUITION MAY	John ESFJ PEOPLE WHO PREFER SENSING MAY
 Have a motto of "We need to think out of the box" 	Have a motto of "If it ain't broke, don't fix it"
Generate many possible solutions	Collect and draw attention to relevant facts
Trust their hunches about what is possible	Trust solutions that have already been proven
 Want to determine if this problem is related to other problems; they identify underlying issues 	 Take the problem at face value and focus on solving it; they don't look for problems elsewhere
See standard policies and procedures as the cause of the problem	 Consult policy manuals that outline how to proceed and who should be involved
 See constraints as challenges to work around or even ignore 	 See solutions as needing to conform to existing constraints
Be unwilling to fight all the small battles necessary to get new ideas adopted	See implementation as part of problem solving
Be good at questioning basic assumptions	 Be good at questioning new ideas to expose their flaws
 Focus on whatever aspect of the problem catches their attention 	 Prefer to deal with problems in a step-by-step manner



Potential Problems in Information Gathering

Because of the natural differences in your information gathering styles you may misinterpret each other's behavior or unintentionally annoy each other. Check these lists to see if this might be happening.

JANE, YOU MAY		J(JOHN, YOU MAY	
•	Believe that your colleague is ignoring fantastic opportunities	•	Believe that your colleague is ignoring key facts	
•	Get caught up in generating possibilities for their own sake because you enjoy the process	•	Immediately shoot down new ideas as unrealistic or impossible	
•	Focus so much on the big picture that you don't deal with the immediate concrete problem	•	Ignore the big picture while pushing to solve the immediate problem	
•	Feel constrained when your colleague tries to follow standard operating procedures	٠	Feel anxious when your colleague ignores standard policies and procedures	
•	Believe that your colleague is not willing to change or is mired in the past	•	View your colleague as impractical and wanting to take unnecessary risks	
•	Irritate your colleague by quickly jumping around from topic to topic, seemingly at random	•	Irritate your colleague by repeating facts or instructions or by talking slowly and carefully	

Joint Action Plan for Information Gathering

Your differences can be valuable because you bring complementary strengths to information gathering. Together you have a useful balance between looking at the facts of the immediate problem (S) and seeing the big picture (N). To maximize the benefit of these differences, however, you need to understand and appreciate each other's style. The action steps below will help if you work on them together. Note which steps you agree to take and which steps need further discussion.

igree D	iscuss	
		When problem solving, rank possible solutions based on costs and benefits
		Work together to determine the cost of missing out on an opportunity
		Identify which facts can be used to help make new ideas more feasible
		Set aside a specific time to determine together whether the current problem is a symptom of a larger one
		Identify what impact new ideas will have on day-to-day operations
		Identify how new ideas may need to be modified to be achievable
		Identify current constraints (e.g., resources)
		If new products or ideas are proposed, determine which old ones must be given up to fit current constraints or decide to relax the constraints



DECISION MAKING

Decision-making style refers to how you go about making a decision, forming an opinion, or settling an issue. Your preference on the Thinking–Feeling dichotomy likely affects how you prefer to make decisions.

Your responses to the MBTI questions show that you have different preferences on the T–F dichotomy. You will therefore tend to have different styles of decision making.

Jane ENTP PEOPLE WHO PREFER THINKING MAY	John ESFJ PEOPLE WHO PREFER FEELING MAY
Form opinions after a logical analysis of the problem	Form opinions after considering their own or others' values
 Seek to understand assumptions and identify consequences that logically follow 	 Seek to understand the positions or opinions of others
Strive to be objective	Strive to understand issues from the other person's perspective
 Expect others to present arguments that build to clear conclusions 	Expect others to express how they feel about the problem
 See argument as a good way to bring issues out in the open 	Think that arguing is always counterproductive
 Ask tough questions to uncover inconsistencies that must be resolved 	 Ask gentle or clarifying questions to uncover what matters to others
 Strive to treat everyone fairly, which means equally 	Strive to treat everyone fairly, which means according to his or her particular needs
 Consider how decisions will affect the bottom line 	 Consider how decisions affect morale, commitment, and enthusiasm
Be assertive and competitive so that the "best" idea wins	Try to achieve consensus, which will yield the "best" solution
Exercise authority in determining how the decision will be implemented	Consider how to get buy-in from those who will implement the decision



Potential Problems in Decision Making

Because of the natural differences in your decision-making styles you may misinterpret each other's behavior or unintentionally annoy each other. Check these lists to see if this might be happening.

JANE, YOU MAY	JOHN, YOU MAY	
Focus so much on the bottom line that you ignore the people involved	Focus so much on making everyone happy that you miss the impact on the bottom line	
Fail to listen to your colleague because your focus is on supporting your own position	 Fail to present objective evidence to back up your position 	
Annoy your colleague by trying to pin him/her down	 Annoy your colleague by checking with others before stating an opinion 	
Ask questions in ways that are perceived by your colleague as attacks	 Withhold information when you are being questioned 	
Be aggressive in stating your beliefs	Not be assertive about giving your opinion	
Fail to explicitly appreciate your colleague's contributions	 Believe your colleague is unappreciative of others' efforts 	
View continued disagreement as illogical	View continued disagreement as a lack of loyalty	

Joint Action Plan for Decision Making

Your differences can be valuable because you bring complementary strengths to decision making. Together you have a useful balance between logical analysis (T) and concern for people's values (F). To capitalize on these differences, however, you need to understand and appreciate each other's style. The action steps below will help if you work on them together. Note which steps you agree to take and which steps need further discussion.

Agree	Discuss	
		Agree on the goal that will satisfy the bottom line and the people involved
		Find ways to support your position with both logical arguments and an appeal to values
		Identify particular individuals who may be most affected by your decisions, discuss their possible reactions, and prepare contingency plans
		Look for common ground as a way to create win/win solutions
		Establish ground rules about what kind of competition, if any, would be fun or healthy
		Discuss with each other how you each like to be appreciated



PROJECT MANAGEMENT

People approach projects in different ways. Individuals can differ on how much structure they believe is necessary to manage a project through to completion, or on how much information they are willing to consider before making the decisions required to move the project forward. Your project-management style is based primarily on your preference on the Judging–Perceiving dichotomy of the MBTI instrument.

Your responses to the Myers-Briggs questions show that you have different preferences on the J–P dichotomy. You are likely to approach project management in different ways.

Jane ENTP PEOPLE WHO PREFER PERCEIVING MAY	John ESFJ PEOPLE WHO PREFER JUDGING MAY
 See goals as moving targets that always need adjusting 	Set clear, measurable goals
 Start with the most interesting task and let the process unfold 	 Break large tasks down into subtasks and proceed methodically
 View a project as an organic process that can't be too tightly managed 	 Develop a time line with milestones to monitor progress carefully
 Stay open to new information and change plans accordingly 	 Come to closure quickly and be reluctant to change decisions
Feel constrained by structure, especially from a supervisor	Like to work in a structured environment
Believe that a recipe for success is "Tell me what needs to be done, then let me do it my way"	Believe that a recipe for success is "Plan the work, then work the plan"
Be motivated by autonomy	Be motivated by achievement
 Like to work on multiple challenges simultaneously 	Want to achieve results on one project and then move on
 Want decisions to emerge from the information- gathering process 	Establish rules for who makes decisions when
Trust their ability to respond quickly and accomplish a lot	Trust their ability to organize the project to achieve the desired goal



Potential Problems in Project Management

Because of the natural differences in your project-management styles you may misinterpret each other's behavior or unintentionally annoy each other. Check these lists to see if this might be happening.

JANE, YOU MAY	JOHN, YOU MAY
Irritate others by delaying decisions while collecting more information	Become frustrated if decisions are not made quickly enough
Not clarify your role before jumping in	Try to assign specific roles or tasks to everyone
 Fail to adequately honor your colleague's need for closure 	 Try to force a less-than-optimal decision, just to settle the matter
Overwhelm your colleague with new information	Fail to consider new information
Miss milestones your colleague is counting on	Dismiss opportunities identified by your colleague
Feel that any structure is too much structure	Try to impose too much structure on how your colleague completes tasks
Deal with attempts to structure your time by rebelling	Deal with resistance to structure by imposing even more of it
 Annoy others by not following through promptly or at all 	 Annoy others by continually reminding them of their deadlines

Joint Action Plan for Project Management

Your differences can be valuable because you bring complementary strengths to project management. Together you have a useful balance between reaching conclusions (J) and staying open to new opportunities (P). To maximize the benefit of these differences, however, you need to understand and appreciate each other's style. The action steps below will help if you work on them together. Note which steps you agree to take and which steps need further discussion.

Agree L	Discuss	
		Make sure that you really agree on the goal and priorities for the project
		Clarify roles ahead of time
		Negotiate how the Judging type can remain open to new opportunities yet have the sense that the project is progressing as planned
		Negotiate how to balance the autonomy needed by the Perceiving type with the structure needed by the Judging type
		Negotiate how the Perceiving type can be accountable yet do the work in his or her own way
		Decide how often and in what manner reminders of deadlines are delivered



NEXT STEPS

Agree Discuss

Jane reports preferences for ENTP, and John reports preferences for ESFJ. Differences can be individual learning opportunities, enabling each person to develop new behaviors. Similarities can provide the common ground that will make addressing differences easier.

Understanding the differences and similarities in your work styles is only the first step in improving your work relationship. To build a more productive relationship you need to take direct action. These steps may help you translate your understanding into specific behaviors. Mark the steps below that you both agree to take and mark the steps that need further discussion.

	Commit to making a mutual effort to improve your working relationship.
	Agree to meet periodically to discuss your similarities and differences and how your working relationship might be improved further.
	Read your own type description on page 4 of this report. Discuss with your colleague which points you think do and do not describe you; give examples.
	Read your colleague's type description on page 4 of this report. Ask for clarification about any parts of the description that you do not understand.
	Review pages 5–12 for the preferences on which you and your colleague differ. On those preferences that differ, give examples of your own style and ask for clarification of anything that you do not understand about your colleague's style. Do not rush this discussion.
	To gain a more in-depth awareness of how your type affects your work style through an understanding of type dynamics, read <i>Introduction to Type</i> ® <i>Dynamics and Development</i> and <i>In the Grip</i> (see the next page).
	Agree on one or two areas in which your communication most needs improvement. Prepare a development plan for those areas. Once those areas have improved, move on to another area.
	Make sure you understand what the other person is saying by reflecting it back and asking for confirmation. Do not assume that you know what the person means, even if he or she uses the same words that you use.
	Think of your colleague's strengths rather than dwelling on weaknesses.
	Type does not explain all aspects of your working relationship. There may be other issues that are not type related. If problems persist, ask a third party to facilitate a discussion of the sources of your conflict.
	Identify common ground in any preferences that you share. Recognizing your common ground will help you avoid focusing exclusively on differences.



FURTHER READING

Reports available through a counseling professional

- Myers-Briggs Type Indicator® Team report. (1998). Palo Alto, CA: Consulting Psychologists Press, Inc.
- Quenk, N. L., & Kummerow, J. M. (1996). *MBTI Step II Expanded interpretive report*. Palo Alto, CA: Consulting Psychologists Press, Inc.
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Books and other publications

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