

Performance Consulting

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Communication Concepts ●●● Connecting People

You're Just My Type!

An Introduction to the MBTI®

Personality types can influence nearly everything that happens at home and at work - from daily activities to dramatic home life changes. There are no "good" or "bad" types. Each has a unique contribution to make. We guarantee you will learn something new about yourself and others and be recharged mentally, spiritually, and emotionally.

Failing to acknowledge and bridge personality gaps can be costly. On the job, it can result in high turnover, low morale and decreased productivity. Employees view work, job commitment, and success in profoundly different ways that can both impact their abilities to succeed and affect the success of your organization and their future.

This exhilarating program looks at the potential clash between personality types and offers compelling evidence of the need to offer creative communication solutions now!

Participants will discover how to:

- Develop improved self-awareness
- Use tools to minimize interpersonal conflict and enhance teambuilding skills
- Focus on the gifts of preferences in interaction with others at work and home
- Use the dynamics of Temperament theory
- Increase your ability to recognize sources of stress
- Discern healthy from unhealthy emotions
- Serve others from a place of fullness, emptiness
- Communicate character standards



About Rita Murray, CSP

First generation American, certified speaking professional (CSP), TV Host, Web producer, Emcee, former top secret contractor, and private pilot. Rita is inspired by people who are passionate about creating great places to work!



"... a type difference may at times produce an outright conflict between opposite points of view. When this happens, the partners have a choice. One or both can assume that it is wrong of the other to be different – and be righteously indignant, which diminishes the partner. They can assume that it is wrong of themselves to be different – and be depressed, which is self-diminishing. Or they can acknowledge that each is justifiably and interestingly different from the other – and be amused!" Isabel Myers