

Quick Tips: Using MBTI® Type to Foster Individual Development

Whether you are a manager, coach or peer, there are countless opportunities in the workplace to **influence positive change** and to **help others grow**. Practising behaviours with others that help you strengthen your less developed preferences can **benefit you personally as well as professionally**. Although the prospect might seem daunting, it's really easy to offer practical suggestions if you are aware of an individual's type preferences.

When you are presented with coaching or mentoring opportunities, you can offer the following suggestions to **help individuals with different preferences** foster their own growth and meet specific career and workplace challenges:

To those preferring Extraversion	"Practise Introversion by counting to 10 when you're feeling especially action driven or enthusiastic, or reflecting on ideas and plans to fully consider them before acting."
To those preferring Introversion :	"Practise Extraversion by soliciting input from others and seeking assistance with formulating plans, even if you prefer to approach the task independently."
To Sensing Types:	"Practise Intuition by creating a one- to two-page executive summary describing the trends or patterns suggested by the data under consideration."
To Intuitive Types:	"Practise Sensing by using precise, accurate details in a report or project that you don't believe merits such information."
To Thinking Types:	"Practise Feeling by moving outside your normal range of conversational topics to share some personal facts, details or insights about yourself."
To Feeling Types:	"Practise Thinking by purposely giving simple, direct and concise feedback to others."
To Judging Types:	"Practise Perceiving by scheduling one day a month at work to 'go with the flow' and noting any value that such flexibility brings."
To Perceiving Types:	"Practise Judging by determining what daily tasks you could do consistently and then developing a routine and sticking to it."

Now consider your own type preferences and how they relate to the way you approach your daily tasks and progress toward your professional goals.

- What behaviours would you like to start and how might you begin making small steps toward making the requisite changes?
- How might you track your progress to determine what new behaviours or approaches are making a positive impact?

Source: Adapted from Hirsh and Kise, *Introduction to Type® and Coaching* (1998), pp. 13-14

To learn more about Myers-Briggs® type and individual development, please read *Introduction to Type® and Coaching (2nd Ed.)* by Sandra Krebs Hirsh and Jane A. G. Kise, published by CPP, Inc.

t: +61 3 9342 1300 (Australia) | t: 0800 000 159 (New Zealand) | t: 1800 1 611 0298 (Philippines)
e: enquiries.ap@themyersbriggs.com | w: www.themyersbriggs.com