

Unlock potential through self-awareness



To develop and grow, people first need to know who they are. Self-awareness is the starting point for all development, whether it's personal or professional.

The Myers-Briggs Type Indicator® (MBTI®) assessment helps people understand why they think and act the way they do.

It helps people identify with one of 16 MBTI personality types (ENFP, for example). Each type shows how a person prefers to direct and receive energy, take in information, make decisions, and approach life.

Remember, everyone is different—from each other and from you. Understanding differences leads to improved relationships and performance, while greater self-awareness helps personal growth and well-being. Use the MBTI assessment for:

- Personal growth
- Team development
- Leadership development
- Communication
- Stress management



Because the MBTI assessment helps people understand themselves and others better, **you can use it in a wide range of situations.**

Why get MBTI® certified?



Get MBTI® certified and you can:

- Deliver development programs to address a vast range of business challenges
- Become a coach
- Expand your expertise with further MBTI training and workshops

More reasons to choose the MBTI® assessment:

- Helps people get the best out of themselves
- Helps teams achieve their performance goals
- Shows leaders how to find their authentic leadership style and be more effective
- Helps people understand stress and how to manage it
- Shows how to improve communication

Praise for the MBTI® Certification Program

“ It helped me understand myself better, learn about types and type dynamics/facets, and gave me tools for coaching and supporting people of different type preferences in working together.

MBTI Certification Program Participant

“ Better understanding my personality type and preferences, type dynamics, and how to use both my preferences and non-preferences in appropriate situations will make me a better leader.

MBTI Certification Program Participant

“ The program was thorough, informative, and empowering. The instructor was an exceptional practitioner in terms of MBTI expertise.

MBTI Certification Program Participant

Find out more about **MBTI Certification** at asia.themyersbriggs.com