

# PERSONALITY PATTERNS

Understanding, predicting and leveraging differences in attitudes and behaviours



## SEMINAR OUTLINE

What are personality patterns?

- Understand what patterns are
- What it means to be able to predict behaviour

What can we get from this knowledge?

- Understand how happiness and success can be increased
- Define stress and conflict triggers
- The connection between personality and both leadership and followership styles
- Deal with change more successfully
- Understand learning and career paths

History of Myers-Briggs

- Where does the theory come from
- What are the foundational concepts

Eight Mental Patterns

- Where do we get our energy and how do we recharge our batteries
- How to speed up learning and comprehension through detail or big picture thinking
- Make better decisions by understanding our, and others', decision-making styles
- Create harmony and productivity at work by understanding how people orient themselves to their outside world, particularly when working on a team

## WORKOUT OUTLINE

Explore type

- Use LEGO as a learning tool
- Understand how personality drives leadership style
- Explore type in the leadership team

Team analysis

- How to recognize type in others
- Explore potential types of team members

Leadership Style action plan

- Create a proactive plan to improve interpersonal communication skills
- Adapt leadership style to meet follower needs
- Use type to guide change initiatives

## SCHEDULE

Seminar 9:00-11:45am

\*Lunch 12:00-1:00pm

Workout 1:00-4:00pm

\*Working lunch