

Myers-Briggs Type Indicator



The Myers-Briggs Type indicator (MBTI) is an introspective self-report designed to indicate psychological preferences in how people perceive the world around them and make decisions. The MBTI assessment makes Carl Jung's theory of psychological type both understandable and highly practical by helping individuals identify their preferences in four areas:

- Where you focus attention
- How you take in information
- The way you make decisions
- How you deal with the world

The MBTI can provide the following:

- Team development – help ease communication among team members
- Identify team strengths
- Create action plans for improved performance
- Conflict management – improves skills in identifying sources of conflict
- Leadership development – deepens leader's understanding of their personality and the types of those they are leading
- Stress management – offers strategies for identifying and managing stress triggers

Please contact OrganizationalDevelopment@uams.edu for more information.