



INTRODUCTION

Team effectiveness and communication are critical to achieving business goals and enhancing personal interactions. However, we may not always reflect on how our preferred ways of thinking and interactions may affect others. The Myers-Briggs Type Indicator® (MBTI) provides a useful tool for you to understand and appreciate individual differences in personality types and how these could be applied to better enhance team dynamics and commitment.

As a 2-day primer boot camp class, this course assumes little knowledge and background in MBTI. The course starts with an introductory overview of MBTI and participants are eased into the learning through an explanation of the different psychological types which guides the learner to effectively understand how they can be applied in the areas of team dynamics and interactions. This interactive course helps you better understand individual differences in a team and leverage on each other's strengths for organisational performance.

LEARNING OBJECTIVES

By the end of this workshop, participants will be able to:

- ❖ Understand the background of MBTI
- ❖ Demonstrate the meaning of "preferences"
- ❖ Explain the MBTI dichotomies
- ❖ Identify the pathways and pitfalls of your personality type
- ❖ Apply type information and create a team commitment chart

COURSE OUTLINE

Day 1

- ❖ Introduction
- ❖ Ice-Breaker
- ❖ Complete the assessment tool
- ❖ History of MBTI
- ❖ Demonstrating your preferences
- ❖ Explaining E-I
- ❖ Explaining S-N
- ❖ Explaining T-F
- ❖ Explaining J-P
- ❖ Self-estimate
- ❖ Scoring your assessment
- ❖ Tie-Breakers
- ❖ Deciding on "Best Fit"
- ❖ Recap of Day 1

Day 2

- ❖ Refresher
- ❖ Living Type E-I
- ❖ Living Type S-N
- ❖ Living Type T-F
- ❖ Living Type J-P
- ❖ Pathways and Pitfalls
- ❖ Team Type Dynamics
- ❖ Team Commitment Chart
- ❖ Presentation
- ❖ Recap of Day 2

A Primer to MBTI: Optimizing Team Performance & Effectiveness

By Richmond Kok



FOR WHOM

HR practitioners, business managers or any participant who is interested to use MBTI for team development, communication and organizational commitment.

ABOUT THE TRAINER

Richmond Kok is an MBTI, DiSC, and ACTA certified practitioner with more than ten years of progressive experience in the luxury segment of hospitality. Having graduated from the University of Nevada, Las Vegas with a Double Major in BSc. in Hotel Administration, and Meetings and Events Management, he ventured into the hospitality industry and worked his way up to become a Food and Beverage Specialist. Prior to that, as a Meetings Events Planner, he has also collaborated with Singapore Tourism Board and successfully pitched for an international learning conference that took place in Singapore in 2008.

After a couple of years in operations, he decided to elevate his career and joined a consultancy firm. Richmond then travelled the world with an MNC, providing insights and best practices to many hospitality companies across 60 different cities in the United States of America, India, China, Maldives, Japan, South Korea, Thailand, Vietnam, Philippines, Malaysia, Indonesia and Australia.

Besides being a certified behaviour facilitator, Richmond is also fluent in soft skills training which includes leadership, teambuilding, public speaking, service excellence, learning needs analysis, coaching and mentoring.

Currently, Richmond is pursuing a postgraduate program in Master of Training & Development with Griffith University.

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Date: [] 18/10/2018 – 19/10/2018

Venue: TBA, 9am – 5pm

Fee: [] S\$ (before GST) for D&B Subscriber [] S\$ (before GST) for Non-subscriber
(Includes materials, refreshments and lunch)

Email completed forms to adrian.chai@dnb.com.sg or Fax to 6226 0178

Participant(s) Information

Name 1: _____ **Job Title:** _____
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Name 2: _____ **Job Title:** _____
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Name 3: _____ **Job Title:** _____
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