

**APPRECIATING DIFFERENCES**  
**(USING THE MYERS-BRIGGS TYPE INDICATOR,**  
**a product of The Psychological Consulting Firm,**  
*get publication info and place here*

Audience: General, especially couples and work groups who wish to improve their interpersonal interactions and valuing of each other.

Description:

The MBTI (Myers-Briggs Type Indicator) is a personality inventory used to measure an individual's preferred ways of being in and processing the world. There are no "right" or "wrong" ways; simply "different" ways, and these can cause interpersonal problems unless understood and valued. The MBTI has been widely researched in many different settings with many different populations. See publication information above for further information on the instrument.

This particular workshop's goals include increased self understanding for individuals, improved understanding of each other for couples, and development of greater appreciation for contributions that different types of people can make in a work setting.

Participants will be able to take a self-scored MBTI, have the results interpreted, and work with other participants in exploring the values of different types in personal and professional settings.

Format: One 3-hour (1/2 day) Workshop

This is also available to individual couples at \$150 for a one-hour session which will include a work-up sheet for the couple pointing out potential trouble spots and suggestions for avoiding or handling. The self-score MBTI will be provided at least a week ahead and needs to be returned at least three days before the scheduled session.