

## Knowing Yourself: The First Step of the Journey

Create a path of self understanding. Let us assist you in using the Myers-Briggs Type Indicator® (MBTI) to help you identify and understand your strengths, weaknesses and preferences.

### What

The Myers-Briggs Type Indicator® is the most widely used instrument for understanding personal preferences. The MBTI can help you identify your strengths and unique gifts. You can use the information to better understand yourself, your motivations, your strengths, and potential areas for growth. The MBTI is especially helpful for understanding and appreciating those who differ from you.

### Why

Understanding your own gifts, and appreciating differences in others, is self-affirming, and enhances cooperation and productivity. The MBTI provides insight into self-development, team-building, problem-solving, leadership, conflict management, and organizational development.

### How

Cornerstone's members are fully qualified to offer and interpret the Myers-Briggs Type Indicator® to individuals and organizations. Team-building, leadership, conflict management, and problem-solving are enriched using the MBTI.

### Consulting Services on the Myers Briggs Type Indicator

Topic	Snapshot
Knowing Yourself©	an experiential session providing an introduction to Type
MBTI and Success With Teams©	A session providing an introduction to Type, with specific applications and experiential learning on Teamwork
MBTI and Living the Leader Role©	A session providing an introduction to Type, with specific applications and experiential learning on Leadership
MBTI and Harmony out of Discord©	A session providing an introduction to Type, with specific applications and experiential learning on Conflict