

MBTI (MYRES BRIGGS TYPE INDICATOR)

Benefits of a MBTI One to One

A MBTI One to One will help individuals to:-

- Build a foundation for future development
- Help individuals understand individual strengths and differences
- Avoid and resolve conflicts
- Enable self-understanding and hence reduce stress
- Aid career development
- Assist communication strategies
- Develop emotional intelligence
- Identify and develop strengths and weaknesses
- Develop leaders, managers, teams and HR expertise

Objectives of a MBTI One to One

- To help individuals identify their strengths, learn how build on them resulting in greater success
- To help individuals identify their weaknesses and how to embrace them
- To help develop individuals confidence when dealing with 'challenges' in the workplace.
- To help individuals manage/choose their career
- To help individuals identify how to approach teaching and leading others

Who is eligible for a MBTI One to One?

Any member of RAS staff (Research, Academic or Teaching terms & conditions) is invited to apply for a MBTI One to One using this [link](#) (approval is required from the individuals Line Manager or Head of Department or Principal Investigator).

We do not accept applications from postgraduate or research students. Students should refer to the [Student Career and Skills](#) website for details of One to Ones designed specifically to meet their needs.

RAS Staff MBTI One to One

Upon acceptance individuals

- Will be sent the MBTI questionnaire electronically from an external organisation and asked to complete and return
- The external organisation complies a feedback report sends this electronically to LDC
- On receipt of the report LDC organise a One to One meeting with a fully MBTI trained member of the University of Warwick staff. At this One to One the MBTI's report is discussed in some depth together with development plans for the individuals' research/professional career and how to learn from/benefit from the findings the report.

The Cost

If this MBTI One to One is part of the individuals DPR or a need identified by their Line Manager, Head of Department or Principal Investigator, the cost is covered by the Learning and Development Centre. If it is not a requirement of the individuals DPR the individuals department will be expected to cover the cost. Individuals are welcome to fund themselves or via their grants. The cost of an MBTI questionnaire is £35 + VAT and the One to One session £120.

Length of the One to One

One meeting lasting approximately 1.5hrs

[To book](#) an MBTI One to One use this link

For further details or any questions please email Sandra.Sparks@warwick.ac.uk