



# *A Introduction to the Myers-Briggs Type Indicator*

with Rebecca Thompson

**June 7 • 6:30 pm – 8:30 pm • Love Offering**

## **What is the Myers-Briggs Type Indicator (MBTI)?**

The MBTI is a personality instrument is useful in helping to understand our own behaviors and preferences and those of others, to improve relationships and effectiveness in our interactions.

The MBTI instrument contains 93 questions and produces a report to identify which of sixteen different personality types best describes you. Your personality type represents your preferences in four separate categories, with each category composed of two opposite poles.

**The four categories describe key areas that combine to form the basis of a person's personality as follows:**

- **Where you focus your attention** — Extraversion (E) or Introversion (I)
- **The way you take in information** — Sensing (S) or Intuition (N)
- **The way you make decisions** — Thinking (T) or Feeling (F)
- **How you deal with the outer world** — Judging (J) or Perceiving (P)

## **How do I take the instrument?**

Soon after registration, you will be provided with a link that will take you to the questionnaire. It will take approximately 15-20 minutes to complete. After you have completed it, your facilitator, Rebecca Thompson, will process your report, and will send it to you by email 1-2 days prior to the class. During the class, you will receive a detailed explanation of your report.

(Because Rebecca has been teaching this for many years, she is able to provide these reports for us without charge)!

**The class objectives are as follows:**

- Begin to build an understanding and appreciation of your own, and others, personality preferences.
- Learn some techniques for communicating effectively with other personality preferences.
- Discuss which spiritual practices may appeal to different personality preference groups.

**Confidentiality:** Your personality preferences will not be shared with anyone unless you choose to do so. It is enriching for the group if everyone chooses to share their type, but it is not required – it's your information.

There are no right or wrong personality types! All types have gifts and strengths that we bring to the world. It is my hope that through putting language to our differences and similarities, we begin to build understanding and appreciation for ourselves and those around us.

Rebecca is one of our prayer chaplains at Unity North Spiritual Center. She is with us virtually as she lives in Redondo Beach, California. She is a Reiki Master, mother of 3 grown children, and dog-mom to Honey, a sweet terrier-mix.

Rebecca is an experienced organizational development consultant with over 30 years in the manufacturing, healthcare, and aerospace industries. She currently holds the position of Senior Manager, Global Talent Management for KARL STORZ Endoscope, and is the principal of her own coaching and consulting practice, Evolve Without Limits. She is passionate about helping people love themselves and to step into their own power.

Rebecca is the author of *Rebecca Rising: How I Found Courage and Self-Love Through Friendship, Coaching, and Conversations with the Moon*, and another book co-authored with her friend and colleague Darlene Ryan, called *Two Decades of Life Planning*.