

**Languages Offered:**

- English  
 Spanish

# 16 Personalities in the Workplace

## *People, Personalities and Peace in the Workplace*

Are you one of those organized people who always complete projects before they are due? Or arrive at meetings early and wonder “where is everybody?” Or do you put off getting the job done until the very last possible moment? Is your manager someone who readily lets you know how you are doing? Or do they leave you unsure of where you stand? Do you work with people you can’t stand? If the answer is yes to any of these register now for this class!

First, this fast-paced fun learning experience will help you recognize your personality and how important it is for you be flexible to improve team relationships. When a manager/supervisor and team members understand personalities they can then leverage each member's unique talents, and encourages everyone to work together

### **What trainees will learn:**

- What their individual personality preference is by completing the Myers-Briggs Type Indicator (MBTI)
- How their personality preference impacts their relationships at work and home
- The factors that influence how they make decisions
- How to manage conflict
- Explore in-depth descriptions of each of the 16 personalities
- Recognize the similarities and the differences of personalities
- Apply the MBTI to work situations

### **How this training will benefit your company and employees:**

This fast-paced learning experience will help people and teams avoid and resolve conflicts. Individuals will learn their strengths and how to improve overall communication. It help with giving and receiving feedback. It helps with understanding decision making and thinking skills. It encourage team members to understand and appreciate difference.

**Hours:** 4 or more. Onsite and live virtual training may be customized to meet your business needs.

### **About Trainer Name:**



Sophia is a retired business owner, author, speaker and subject matter expert. She held management positions in two Fortune 500 Corporations. Additionally, she currently teaches at community colleges with Workforce Development.