



Managing Different Personalities in the Workplace

Languages Offered:

- English
- Spanish

Diffuse Friction and Foster Engagement

Have you ever wondered why you work so well with some people and seem to clash with others? Chances are it has a lot to do with individual personality type. Our personality types — along with different work ethics, opinions, and approaches — could make it difficult to get along perfectly with everyone all the time. Being aware of our own personality is one element of learning to work well with people you can't stand.

We will use the Myers-Briggs Type Indicator (MBTI) tool which offers a great in-depth look into the personalities of introversion vs. extraversion, thinking vs. feeling, sensing vs. intuition, etc.

What trainees will learn:

Learn about 'personality' where does it come from?	Learn the factors that influence how we make decisions
Learn their personality type using the MBTI tool	Learn how to reduce conflict within a team
Learn to work productively with different personalities	Learn how each personality contributions to the team
Learn how personality impacts relationships at work and home	Learn to work professionally with people you can't stand
Learn to lead a team with diverse personalities	

How this training will benefit your company and employees:

The "Myers Briggs Type Indicator (MBTI) is one of the most popular and respected personality type tools in the world. It helps with self-awareness, identifying individual strengths, improves communications to increase productivity and enhance work relationships.

This training can be conducted for 8 hours or more. Onsite training may be customized to meet your business needs.

About Sophia Brooks



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