

LOVE YOUR CAREER



PRESENTER
**JILL BARRETT, CAREER
COACH**

DATE – 10/02/21
WORKSHOP TITLE – **FINDING A
CAREER THAT SUITS YOUR
PERSONALITY - MBTI**

What will we cover?

- Overview of the Myers Briggs Type indicator (MBTi)
- MBTi - uses
- Signature exercise – understanding the concept of preference
- Overview of the 4 dimensions and 8 preferences in the MBTi framework
- Personality and career.

MBTi overview

- Myers-Briggs Type Indicator (MBTi) is a widely used instrument – questionnaire plus supporting activities including 1:1 feedback and/or exploratory workshops
- More than 20 years of research prior to its first publication and 60 + years R&D since
- 2 million + complete the MBTi indicator each year
- Is not a measure of skills, abilities, attitudes, emotional or mental health
- No preference is good or bad, better or worse
- MBTi should only be used for development - an *indicator*.

MBTi - uses

- Self understanding
- Understanding differences between people
- Communicate more effectively
- Work better together
- Helps us to identify what situations and environments will be most comfortable to us and what will stretch us.



signature



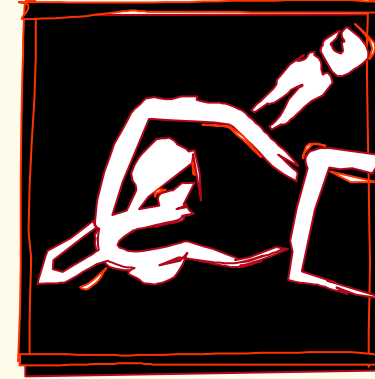
“Natural”

“Easy”

“Flowing”

“Comfortable”

“Took less Energy”.



“Unnatural”

“Difficult”

“Jerky”

“Awkward”

“Took more Energy”.

The four dimensions of type



EXTRAVERSION



INTROVERSION

Where do you get your energy from?

SENSING



INTUITION

What kind of information do you prefer to use?

THINKING



FEELING

What process do you use to make decisions?

JUDGING



PERCEIVING

How do you deal with the world around you?

Personality and career

- No one personality type suits any career or vice versa
- A knowledge of type can help you find what professional situations and environments may be more comfortable for you and which may cause a challenge
- Good type development is where you learn to 'flex' more into your least preferred preference in each dimension, when the situation requires it.

Féidearthachtaí as Cuimse
Infinite Possibilities

QUESTIONS?

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Presentation will also be posted on Brightspace.

W: <https://www.tudublin.ie/career-development-centre/students-and-graduates/resources/>



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