



# THE HUMAN FACTOR

*Inspiring you to uncover your potential and pursue success*

## Uncovering A Treasure... You

### Course Description:

This course uses the Myers/Briggs Type Indicator to assist the participants in understanding their core personality. Once they have a good definition of their personality type, we then move into discussions that explain their personality in incredible detail.

This course is designed to increase the participant's self-awareness and understanding of behaviors that relate to their personality type. This will give the participants a good vision of themselves; which lays the foundation for self-enhancement and ultimately life satisfaction.

### Learning Objectives:

Upon completion of this program participants will have the ability to:

- **Realize the significance of knowing their personality type**
- **Ascertain what their personality type is**
- **Discover what the four letters of their personality type mean**
- **Reveal their personality dichotomies**
- **Establish a deeper understanding into their personality by breaking their personality type into their eight personality functions**
- **Know all eight of their personality functions and what it means to them**
- **Establish what personality functions are in their comfort zone, and which are out**
- **Clarify their behaviors and why they avoid certain situations**
- **Identify what steps they need to take to grow their comfort zone**

**COACHING, CONSULTING & COUNSELING**

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### Course Content:

- I. Pre-course work
  - A. Take Myers/Briggs Type Indicator on-line
- II. Introduction
  - A. History of personality assessing
  - B. Information on Carl Jung's personality theory
  - C. Background on Katharine Briggs & Isabel Briggs-Myers
  - D. Review the history and capabilities of the Myers/Briggs Type Indicator
- III. Review of Indicator Results
  - A. Section 1
    1. Discuss what the letters of a personality type stand for
    2. Discuss what they mean for the participant
  - B. Section 2
    1. Discuss the clarity of preferences
    2. Review personality traits that are in-preference and out-of-preference
  - C. Section 3
    1. Explanation of Preference Clarity Indexes
    2. Discuss Facet Scores & Average Range of Scores
    3. Review of the Polarity Index
- IV. Explanation of the Comfort Zone
  - A. Discuss Carl Jung's theory on the Comfort Zone
  - B. Explain the tie between the Comfort Zone and Personality Type
- V. Venture Deeper into the Participants Personality Types
  - A. Explain the eight positions of the personality functions
  - B. Explain the detail of the eight personality functions
    1. Extraverted Sensing
    2. Introverted Sensing
    3. Extraverted Intuition
    4. Introverted Intuition
    5. Extraverted Thinking
    6. Introverted Thinking
    7. Extraverted Feeling
    8. Introverted Feeling
  - C. In Class Activity to show differences in personality functions
- VI. Summary & Conclusion

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