



Individual Personality Type Consultation

with Kirstin Lund, certified MBTI Practitioner

\$350 plus hst



Close to a century of psychological research has proven that we each have innate preferences with regard to how we take in information and make decisions – and these preferences determine our core personalities. If our preferences are different than someone we're close to or working with, it has the potential to create major conflict.

Identifying personality type using the Myers Briggs Type Indicator (MBTI), the most widely used personality type tool in the world, is a practical and convenient framework for understanding and appreciating the differences among individuals. Learning about these differences will provide new insight into and appreciation of your own behavior, strengths, values, and motives. You will begin to see why you work more easily with some people or why you may prefer one kind of work to another. And with this knowledge, you can discover new ways to work and interact with others more effectively and insightfully.

Knowing the different preferences that make up personality type of those you are closest to, at work and in your personal life, and making room for those differences, can dramatically change how you react to each other, how you communicate, and how you hear each others' perspectives. All of that combined is a formula for preventing conflict and increasing peaceful coexistence.

Your consultation and personal training includes:

- a 30 minute online assessment
- a 30 minute self-assessment
- a report providing your indicated MBTI type
- a 60 minute private coaching tele-session to confirm your "best fit type" and interpret your assessment
- a 30 minute online training module breaking down the potential conflict areas for different personality preferences