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Going Outside Your Comfort Zone Myers Briggs Type Indicator

Prerequisites: None
Schedule: Three Hour Session

Course Objective

This course is designed for anyone who needs to broaden their understanding of personality types. Come learn your Myers Briggs Style and communicate more effectively with others.

Seminar Topics

This assessment measures personality and can also be a great tool to promote communication, teamwork, and leadership.

The Myers Briggs Type Indicator (MBTI) determines preferences in four different categories: extroversion/ introversion, sensing/intuition, thinking/feeling, and judging/perceiving. The various combinations of these preferences result in 16 distinct personality types. Learning about his or her type and the type of co-workers can help individuals improve communication and teamwork.

Course Topics Include:

- An Overview of What Type Is and Theory
- Learn the Eight Personality Preferences
- Understand Yourself And Others Behaviors
- Improve Teamwork
- Identify Your Preferred Learning Style
- Adapt and Learn Differences In Leadership and Management Styles

About the Speaker

Tracy T. Mambrino, Manager, Training & Assessments for The Employers Association, is a dynamic and professional management development instructor and facilitator with a diverse background in leadership, sales, customer service, teamwork, and inter-personal skills training. She is very experienced in handling the dynamics of functional groups including front line supervisors, office managers, and senior level management. During the thirteen years she has been with The Employers Association she has delivered hundreds of programs for thousands of participants, in supervisory management, leadership, team building, diversity, mentoring and customer service.

On a professional level, Tracy is Myers Briggs certified, Zenger Miller certified, DDI certified and a Professional in Human Resources (PHR). Also, Tracy manages the Assessment Center which offers tools for pre-employment, selection and development.