

Myers-Briggs typology (MBTI) - your key to more effective and enjoyable cooperation



ABOUT THE WORKSHOP

Most people believe that we all share the same values and wishes and this perception may lead to many misunderstandings. In reality, there are many similarities in human behavior as well as differences, therefore why we work, communicate or live with some people easily than with others. However, in our everyday life, we often need to deal with people who are very different from us. So how can we understand those differences better, to use our understanding and still be ourselves?

Myers-Briggs typology (MBTI) is the most widely used psychological tool in corporate world as it is combining the depths of theory of C. G. Jung and a practicality of the Myers-Briggs indicator and it helps us understand and cope with differences among people in everyday work situations.

Preparation before the workshop: Each participant will be asked to fill in an on-line questionnaire (takes about 20min). The results will be kept anonymous and handed personally to each participant during the workshop.

BENEFITS FOR THE PARTICIPANTS

Understanding our preferences, our type and types of the others gives us deeper appreciations for our talents and also brings awareness about our limitations and tolerance towards differences of our colleagues and clients. If we accept the fact that human behavior is influenced by inborn preferences, we learn how to eliminate conflicts and our communication and cooperation with others will be both more effective and enjoyable.

REFERENCES

“Our team was in a transition period and I needed to motivate them and create an open and constructive atmosphere. Zuzana’s training went beyond my expectations. She offered not only her expertise in developmental techniques, but also her enthusiasm, interest and ability to listen and respond to our needs. She turned the training into an unforgettable and influential experience. “

Manager of an international consumer goods company



DURATION OF THE WORKSHOP:	8 – 16 hours
NUMBER OF PARTICIPANTS:	minimal 8, maximal 16
ORGANIZING INSTITUTION:	Portus Praha z.ú. www.portus.cz

ABOUT THE TRAINER

Zuzana Macáková



Zuzana is a freelance trainer, coach and consultant. Since 2001, she applies Myers-Briggs concept to help her clients to enhance communication, cooperation and self-awareness in teams. Her clients include large multinational companies in various sectors (banking, IT, consulting, consumer goods) as well as NGOs and educational institutions.

Prior to her training and coaching career, Zuzana was a Human Resource specialist in **McKinsey&Company** where she managed the recruiting process and professional development of over 160 consultants in Czech Republic, Poland, Hungary and Russia. Before joining McKinsey, she was a recruiting consultant for **WorkPlus-Interstaff**.

She is a **licensed MBTI practitioner** (certified by Otto Kroeger Associates, USA in 2001), holds a B.A. degree in **HR management** from Anglo-American University, and MgA and **Ph.D. in Education** from the Academy of Performing Arts in Prague.

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