

# Type Training for Reducing Employee Stress!

*“Knowing yourself is the beginning of all wisdom.”*  
**Aristotle**



As an accredited Type trainer (Step I & II) I facilitate interactive and engaging workshops on the Myers-Briggs Type Indicator® (MBTI®) or using the more modern version of the tool, The Majors.

Type is a highly regarded tool that is used to gain insights into personal preferences and increase self awareness (EQ). It explores individual preferences around the four functions:

- **Extraversion – Introversion**
- **Sensing – iNtuition**
- **Thinking – Feeling**
- **Judging – Perceiving**

The Type tools go deeper than perhaps some have experienced in prior training where a simple explanation of Type was given, before being presented with a four letter Type report i.e ESTJ. When rich training and discussion (both group and one on one) is provided Type helps individuals and teams explore

their personal preferences around the four functions. It also looks at different Interaction Styles, the Four Temperament Groups, leadership styles, causes for stress and how to reduce this and much more. Step II training of Type is valuable for those who have done basic Type training before and have a reasonable level of self awareness, however, are looking to develop this to the next level.

Based on the original work of Swiss Psychiatrist Carl Jung, Type It has stood the test of time and is utilised across the world for a variety of purposes including career development, team building, leadership development and stress management.

To learn more about Type training for teams and or individuals, contact me or visit my [Type page](#).

Name(required)

Email(required)

Comment(required)

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**[AusAPT \(MBTI\) Type 2016 Mini-Conference](#)**

## [‘The Best of British’ Type Conference In Australia](#)

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

Come and join the [AusAPT Mini Conference](#) in July (Brisbane) & August (Melbourne). The following speakers will be presenting;

**[Dr Angelina Bennet](#)** is an occupational psychologist working in executive profiling, organisational analysis, and personal and organisational effectiveness. Formerly a senior consultant with OPP (*European distributor of the MBTI*), Angelina consults in the UK and Europe via her company I Potential. Angelina is an expert in psychometric applications. A research study for her professional doctorate thesis, ‘Linking the Myers-Briggs to the client’s stage of development’, won a British Psychological Society award. Angelina is the author of *The Shadows of Type*, and has been president of the British Association for Psychological Type since 2011.

**[Susan Nash](#)** is an international expert in business applications of type and temperament, focusing on team productivity, conflict reduction, performance coaching and leadership effectiveness in retail and high-tech environments through her companies EM-Power and The Type Academy. Susan is the author of nine books, including *Contextual Coaching*, *Teamwork from the Inside Out*, *Let’s Split the Difference*, and *Dating, Mating and Relating*. Susan has headlined as a keynote speaker at type conferences in the UK, USA and Australia. She is a past president and current board member of the Association for

Psychological Type International.

Angelina and Susan are UK-based colleagues and occasional collaborators. As their fields of expertise are complementary, the content of their proposed sessions offers synergies to reinforce and enrich learning.

[This will be a one-day event in Brisbane, and a two-day event in Melbourne.](#)

The block program comprises half-day segments from each presenter. Susan will present distinct sessions each day. Angelina will present 3 sessions on her Ego Development specialisation.

**This is an event for:** career advisers, coaches, consultants, trainers, counsellors, social workers, managers, psychologists, teachers and others interested in furthering their type knowledge.

To register or find out more visit the [AusAPT site.](#)