Personality Preferences: Understanding Yourself and Others Through MBTI®

Learn what makes you tick, how you relate to others, and how you can benefit from this knowledge in everyday life and your workplace.
The Myers-Briggs Type Indicator (MBTI®) has been used by organizations and individuals around the world for more than 70 years as a way to help people better understand themselves and others. Our one-day class, Personality Preferences: Understanding Yourself and Others Through MBTI®, will provide participants with the background explanation of the MBTI® tool, what their individualized report means for them, and how personality preferences and differences affect groups and organizations. The program, facilitated by an MBTI® certified practitioner, will include opportunities for both individual reflection and class activities.

For more information, or to register, visit go.wisc.edu/mbti

Questions? Contact Robert Toomey at 608-262-2576 or robert.toomey@wisc.edu.

If you would like to request an accommodation, please contact Andy Richardson at 608-262-0557 or email andy.richardson@wisc.edu. Requests are confidential.

These programs are offered by UW-Madison in cooperation with UW-Extension.