



MBTI® - How it is done

MBTI® - step by step towards your own personality

The MBTI® process:

- The MBTI® may only be used by psychologists or qualified and licensed trainers.
- The MBTI® is a self-assessment indicator based on, but not identical with, C.G. Jung's typology.
- It consists of an online questionnaire comprising 90 items that refer to 4 bipolar scales (called preferences in the MBTI®).
- It is usually completed in 10 to 20 minutes.
- The different items and scales describe dichotomies. The combinations of the 4 different preferences result in 16 different personality types. The 16 types are described in detail.
- Depending on the preference of one or other scale, specific dynamic relationships can be identified based on which the individual personality type is defined.
- The indicator is carried out as individual or group test, no parallel form.
- A feedback session lasts about 1.5 hours.
- The feedback can be, and is, very successfully used in training and coaching.