



## **MBTI® - Your benefit**

### **Why do you profit from the MBTI®?**

The MBTI® is offered in individual and team coaching for personality development, career planning and team building. Moreover, the MBTI® can be used and booked individually.

Using the MBTI® you can:

- sharpen your perception, your awareness, your senses
- recognize your own "patterns" and behaviours
- get a better understanding of yourself
- increase your empathy and tolerance towards others
- improve your relationship with your partner
- recognize your personal talents, skills, strengths and weaknesses
- recognize your own "leadership style" find out if your personal preferences and your job match
- plan your career
- improve social competences
- improve your communication and make it more efficient