



MBTI®

Myers Briggs Type Indicator

What is your profile?

The Myers-Briggs Type Indicator (MBTI®) is an instrument of personality typology used in human resources, executive training, management, organizational development and personal development. Renowned companies such as Apple, AT&T, Citicorp, Exxon, General Electric, General Motors and Siemens use this instrument regularly. Every year over 3.5 million MBTI® Indicators are issued and used in 21 languages all over the world.

The MBTI® Personality Model is based on over 50 years of continuous research, development and application. One strength of the MBTI® Instrument is that characters are differentiated, not “assessed”. Consequently, there are no “better than” or “worse than” types, but eight preferences that are reflected in 16 types of equal value.

The MBTI® questionnaire does not provide information on maturity, capabilities or skills of the person completing it. Its benefit is that it gives the participants a better understanding of their own personality and of other individuals' personalities. This better understanding is achieved by learning about their own likings and preferences.

The MBTI® Personality Assessment mainly differs from other common psychological methods in that it reflects potentials rather than fixed properties and capabilities. Hence, the MBTI® Personality Model is a development instrument enabling individuals to manage their personal and work environment in an adequate and resource-oriented manner. The benefit: it is an excellent tool to be used in personal change processes or in change processes of teams and organizations.

You will find more information on the following pages:

- [The 8 different preferences in the MBTI®](#)
- [Applications of the MBTI®](#)
- [How you can benefit from the MBTI®](#)
- [How an MBTI® is conducted](#)
- [The scientific background of the MBTI®](#) and
- [What makes the MBTI® so reliable?](#)