
The Myers Briggs Type Indicator®

The Myers Briggs Type Indicator® (MBTI®) is one of the most trusted and best known personality tests. More than two million assessments are carried out worldwide every year. This tool creates an awareness of personality style and how this may impact on the way individuals work with or manage others.

As a result of this understanding, individuals can appreciate the strengths in their leadership style, how they contribute to teamwork, relationships with others, and what this means for their choice of career.

For Individuals

The MBTI® provides insight into the inherent strengths and natural approach to situations in life and the workplace. Without judging skill or ability, the tool measures four preference scales helping an individual understand how they are energised and relate to others, how they gather and use information, how they make decisions and how they organise themselves and others.

For Teams

Once individuals understand their own preferences and how others are different, the MBTI® can assist a team to assess its strengths and gaps. A manager can then allocate work, adjust their coaching approach, handle conflict effectively and develop team members. Team members can appreciate why others behave the way they do, give feedback to peers, manage a productive relationship with their manager and deliver customer service in a way that acknowledges people are different.

What is the Myers Briggs Type Indicator®?

It is a self-reporting questionnaire in a forced choice format i.e. questions that force you to choose between what can be equally attractive alternatives. There are 4 sets of opposites, we have and use all of them, but prefer one over the other in each of the 4 scales. They are inborn preferences, what we do naturally. A preference for one does not exclude the other.



There are 16 possible combinations of personality type. There is no right or wrong or good or bad, each type has its own set of characteristics and all are equally valuable. The MBTI® determines personality style preferences, it does not measure traits (i.e. how much of something you possess).

Why Thought Partners?

- We are professional and thoughtful facilitators
- We deliver results based on solid NZ and international research
- We use experiential learning techniques and plan with you to anchor the actions
- We do the hard work up front to ensure we deliver what you need and want
- You can participate in our workshops knowing that your team is in good hands.

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