

# MYERS-BRIGGS TYPE INDICATOR (MBTI) STEP II

with Rebecca Thompson

Wednesday, March 13, 6:30 pm – 8:30 pm (on Zoom) – Love Offering

This is a follow-up to the *Introduction to the Myers-Briggs Type Indicator* class with Rebecca Thompson which was held at the end Rev. Kathy's course, *Jung and the Unconscious*, last year in June 2023. If you did not attend last year's class, it is still possible to participate in this class – you will just need to pay the \$27 fee to take the MBTI.

## What is the Myers-Briggs Type Indicator (MBTI)?

The MBTI is a personality instrument which contains 93 questions and produces a report to identify which of sixteen different personality types best describes you. It is useful in helping to understand our own behaviors and preferences and those of others, as well as improve relationships and effectiveness in our interactions. Your personality type represents your preferences in four separate categories, with each category composed of two opposite poles.

The four categories describe key areas that combine to form the basis of a person's personality as follows:

- **Where you focus your attention**—Extraversion (E) or Introversion (I)
- **The way you take in information**—Sensing (S) or Intuition (N)
- **The way you make decisions**—Thinking (T) or Feeling (F)
- **How you deal with the outer world**—Judging (J) or Perceiving (P)

Register today at  
[go.unitynorthmn.org/MBTIstepII](https://go.unitynorthmn.org/MBTIstepII)  
or email Brande at  
[unity@unitynorthmn.org](mailto:unity@unitynorthmn.org)

## What is MBTI Step II?

The MBTI Step II Report provides additional information to help you take your understanding of MBTI and your unique personality even deeper. It helps to clarify unclear preferences, and it affirms an individual's unique way of expressing his or her personality type.

## How do I take the instrument?

If you participated in the Introduction to MBTI class with Rebecca last year, GOOD NEWS – you do NOT need to take the MBTI again. The Step II report will be produced from your initial data and emailed to you prior to the class. If you have misplaced your Step I report, we can provide you with another copy.

If you did not participate last year, there will be a fee of \$27 to take the MBTI. A link will be emailed to you to access the questionnaire and will take approximately 15-20 minutes to complete. Both your Step I and II reports will then be emailed to you prior to the class.

## What will happen in the class?

- We will begin with a brief review of the concepts discussed in the MBTI Step I workshop.
- We will then discuss the concepts associated with MBTI Step II and take a detailed look at how to read and interpret your Step II report, answering any questions you may have.

## Is my personality information confidential?

Your personality preferences will not be shared with anyone unless you choose to do so. It is enriching to the group if everyone chooses to share their type, but it is not required – it's your information.

There are no right or wrong personality types! All types have gifts and strengths that we bring to the world. Through putting language to our differences and similarities, we begin to build understanding and appreciation for ourselves and those around us.



Rebecca is an experienced organizational development consultant with over 30 years in the manufacturing, healthcare and aerospace industries. She currently holds the position of Senior Manager, Global Talent Management for KARL STORZ Endoskope, and is the principal of her own coaching and consulting practice, Evolve Without Limits. Her areas of expertise include leadership and team development, work systems redesign, organizational change, and culture change. As a coach, she is passionate about helping people learn to love themselves and to step into their own power.

Rebecca is the author of *Rebecca Rising: How I found courage and self-love through friendship, coaching and conversations with the moon*, a memoir chronicling her spiritual/healing journey surrounding her divorce. In addition, she and her friend and colleague Darlene Ryan co-authored *Sunday at 8:30: Two Decades of Life Planning*.

Rebecca is a Reiki master, mother of 3 grown children, and dog-mom to Honey, a sweet terrier-mix.



[www.facebook.com/unitynorth](https://www.facebook.com/unitynorth) | [www.unitynorthmn.org](https://www.unitynorthmn.org) | (763) 754-6489