

# UNDERSTANDING PERSONALITY TYPE

## What is personality type?

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Personality Type inventory builds on over 90 years of psychological research developed by Carl G. Jung, Katherine Myers and Isabel Briggs. There are 16 defined personality types, each indicate how a person prefers to operate and function in the world. The theory was originally designed by Carl Jung to explain the normal differences between healthy people.

Personality Type assessments are one of the most widely recognised tools to assist in professional and personal development. Personality type is not a box or pigeonhole that a person is put into by others. Coaching individuals to understand and identify their personality type can provide them with access to certain information that could improve their self-awareness. Understanding your own personality type is a journey of self-discovery and self-awareness. Coaching through personality type can raise your self-awareness and develop all your functions to a better developed level of consciousness.

## Understanding your personality

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The information obtained from a personality assessment tool will allow you to understand:

- what motivates you
- what stresses you
- your natural strengths
- potential areas for development
- potential choices for careers
- how to manage stressful behaviours

It can also be used to assist in team building, management, relationships and coaching.

## What is involved?

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This is not a tool for everyone! You first need to complete an on-line personality assessment using the Majors Personality Type Inventory (PTI) Assessment Tool. The on-line assessment tool is confidential and secure and takes approximately 12-15 minutes to complete. The tool asks 52 different questions and statements. You go through each question and indicate your natural preference. For example, would you describe yourself as Carefree or Deliberate? Once completed, a personalised report is generated detailing your personality type.

## What are the benefits?

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The personality report and coaching session will highlight how you prefer to communicate, your natural talents, your learning style, potential careers and how you react under stress. As an accredited practitioner, I can assist you to understand your personality functions, how to reduce stress and increase your awareness of others and yourself.

## Other information

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Coaching session can last up to 1.5 hours and you will receive a full personality summary report. These types of sessions are best included into a package. Coaching through personality type can help you define “who you are” and put you on the right career path.

**If you would like more information, please contact Julie at [julie@lifepathcoach.com.au](mailto:julie@lifepathcoach.com.au)**

