



# Calvary's Gifts Discovery and Coaching Ministry

## Session 1: Personality



# Myers-Briggs Type Indicator

No Right

No Wrong

No Best

No Better

Just Differences



# MBTI: The Preferences

## **E - Extroversion**

Focus on outer world

*Get energy through interacting with people and/or doing things*

## **S - Sensing**

*Notice and trust facts, details and present realities*

## **T - Thinking**

*Logical, objective analysis*

## **J - Judgment**

*Organized, orderly and make decisions quickly*

## **I - Introversion**

Focus on inner world

*Get energy through reflecting on information, ideas and/or concepts*

## **N - iNtuition**

*Attend to and trust relationships, theories and future possibilities*

## **F - Feeling**

*Create harmony by applying person-centered values*

## **P - Perception**

*Flexible, adaptable and keep options open as long as possible*



# Type Preferences Revealed

E/I - How we are energized; external world or internal world

S/N - How we prefer to take in information

T/F - How we come to decisions

J/P - How we approach life



# Extroversion .... Introversion

- Extroversion (75%)
- Focus on outer world
- Discussion
- Experiment/reflect
- Group approach
- Introversion (25%)
- Focus on inner world
- Introspection
- Reflect/experiment
- Solo approach



# Sensing ..... Intuition

- Sensing (65-70%)
- Past experience
- Predictable routines
- Current reality
- Practical
- Intuition (30-35%)
- Inspiration
- Variety
- Future possibilities
- Imaginative



# Thinking ..... Feeling

- Thinking (50-55%)
  - Head decisions
  - Principles
  - Logic
  - Firmness
- Feeling (45-50%)
  - Heart decisions
  - Values
  - Harmony
  - Persuasion



# Judging ..... Perceiving

- Judging (60-65%)
- Organized
- Enjoy finishing tasks
- Tasks and timetables
- Work before play
- Perceiving (35-40%)
- Flexible
- Enjoy starting tasks
- Process and options
- Work and play