

# Myers Briggs Type Indicator (MBTI)

a two day workshop with Veronique Boulangier

How psychological type determines how we work, live and love.

A workshop for:

- Professional development
- Leadership and management
- Relationship
- Parenting
- Teaching
- Learning
- Change and transition
- Team development



The complexity and diversity of human personality is one of the greatest challenges in our work and in our relationships.

With our best intentions and skills in leadership, parenting, teaching or loving, our own psychological lens interferes with what we try to achieve.

“We may all use English, yet often we appear not to hear, comprehend or speak the same language.”

Date: May 19 & 20 2009  
See over for more details



# Myers Briggs Type Indicator (MBTI)

## Workshop with Veronique Boulangier

The theory of psychological type provides an insightful and useful structure to quickly understand how and why people tend to behave and contribute the way they do.

In this workshop participants will:

- Learn about their own type.
- Learn about the influence that psychological type has on how we:
  - run our lives; mentally energise;
  - perceive the world within and around us;
  - come to conclusions;
  - make decisions and act.
- Learn how knowledge of type can improve communication and conflict-resolution very rapidly and efficiently.
- Learn how to use the knowledge of type to utilise one's resources to an optimal level and help those around us to function to the best of their abilities.
- Learn how psychological type facilitates resolution of difficulties in relationships.
- Learn how the knowledge of type can dramatically decrease stress levels.
- Learn how psychological type influences our development through life.
- See how psychological type can bring humour and lightness into daily living.
- Understand how knowledge of type helps us appreciate differences and opens new ways of dealing with them.

*Register now for this rare opportunity as Veronique only runs two public workshops per year. Each workshop has only 16 participants.*

### Program (2 days)

- Session 1: Theory of psychological type: the mental functions; notion of preference.
- Session 2: Notion of psychological energy (introversion and extroversion)
- Session 3: Mental function of perception (sensing and intuition)
- Session 4: Mental function of judgement and decision making (thinking and feeling)
- Session 5: Different approaches to structure (judging and perceiving)
- Session 6: Final verification of type; interaction of the mental functions; the development of psychological type across life; application of psychological type in different domains



# Veronique Boulangier



## Testimonials for Véronique

*"The MBTI with Véronique is also proving to be really useful and the jargon has already become part of our management team toolset. The understanding of our individual and collective strengths and weaknesses has given new meaning to words like trust and teamwork. Véronique's session was the key factor in pulling this all together for us."*

Des Harvey, General Manager, Sealcorp

*"I have seen achieved in Véronique's workshop in one day what is usually achieved in months. It is the quickest way I have seen to break down barriers of intolerance."*

Rae Martin, Physiotherapist & Feldenkrais Practitioner

*"Véronique's experience and mastery of Myers Briggs type indicators allows us to fully appreciate, often for the first time, why we do the things we do. She brings clarity to our personal and professional lives that enable us to move forward with enthusiasm and confidence."*

Lee Lawler, Carnarvon Regional Hospital

## Véronique's Background

1996 — 2008 (Western Australia)

Psychotherapy practice in WA and phone counselling and coaching all around Australia.

Ongoing presenter for the WA Rural Leadership Program, training 1000 Leaders across WA.

Team building, leadership and management workshops for Local Government, Public Health Unit, Educational settings, and Corporate settings.

Leadership programs for young people

Currently invited to work in WA, Eastern States, New Caledonia, Canada, Hong Kong and France.

1991 — 1996

Psychotherapy practice in Melbourne specialising in traumas, loss, crisis, change, depression.

Group facilitation for Leadership, team building, communication and conflict resolution in Melbourne (Shell, Augustine Centre, Peregrine Adventures etc.).

Conference speaker and presenter in US, Canada and France.

1975 — 1991

Training of teams of athletes to Olympic level in horse riding in four countries, using her background as a horse riding instructor and sports psychologist.

**To register for the workshop!**

**Contact Colin Holt 0418 902 204 or [col@arid.com.au](mailto:col@arid.com.au)**

Cost (inc.GST)

**Corporate rate \$550 per person**

**Community rate \$440 per person**

Couple discount available

Special circumstance discounts also considered

(includes lunches, morning and afternoon teas, and all resources)

**Venue: Forrest Park Clubrooms,  
Harold St Mt Lawley**

**Date: May 19 & 20 2009**

**Time: 9am to 4pm - both days**