

# PERSONALITY PREFERENCES

Each of us has natural preferences regarding how we best learn, solve problems and get our energy. Often we have to flex and adapt to different ways of doing things at work and in our personal relationships.

The most widely used personality assessment in the world, the MBTI® can help us to better understand ourselves, our natural strengths and potential areas for growth.

MBTI® coaching can help us articulate who we are, why we experience conflict, how we deal with stress, how we make decisions and so much more. It can assist with guiding us through career selection and assessing the type of work that best suits us.

It is a fascinating tool to use when we reach 'mid-life' and suddenly feel stuck because our priorities seem to be changing and we don't fully understand what we want and need anymore.

Discovering and studying the work of Carl Jung and finding out my personality preferences with the MBTI® has helped me understand myself and others.

Looking further into the evolving type dynamics and how they play together and change over time has truly guided me through life changes and supported me with finding my purpose.

I have faith that through this 'taster' workshop I will manage to pass on my passion and enthusiasm for this fantastic tool and I trust you will learn and leave with some useful insights.

Sincerely,

**MARIE CLAUDE BOUCHET**

Cognitive coaching & training solutions

# PREFERENCES

## Extraversion

### Energy

## Introversion

Extraversion is a preference to focus on the world outside the self. Extraverts enjoy large social gatherings, such as parties and any kind of group activity. Extraverts are likely to enjoy time spent with people and find themselves energized by social interaction.

Introversion is a preference to focus on the world inside the self. Introverts tend to be quiet, peaceful and deliberate. They enjoy activities such as reading, writing, thinking, and inventing. Introverts find social gatherings draining.

## Sensing

### Information

## Intuition

Sensing refers to how people process data. Sensing people focus on the present, they are "here and now" people, who are factual and process information through the five senses. They see things as they are, they are concrete thinkers.

Intuition refers to how people process data. Intuitive people focus on the future and the possibilities. They process information through patterns and impressions. They read between the lines, they are abstract thinkers.

## Thinking

### Decisions

## Feeling

In making decision, thinking people are objective and make decisions based on facts. They are ruled by their head instead of their heart. Thinking people judge situations and others based on logic.

In making decisions. Feeling people are subjective and make decisions based on principles and values. They are ruled by their heart instead of their head. Feeling people judge situations and others based on feelings and extenuating circumstances.

## Judging

### Lifestyle

## Perceiving

Judging is the preference outwardly displayed. Judging does not mean "judgmental". Judging people like order, organization and think sequentially. They like to have things planned and settled. Judging people seek closure.

Perceiving is the preference outwardly displayed. Perceiving people are flexible, like to keep their options open and think randomly. They like to act spontaneously and are adaptable. Perceivers like to keep things open ended.



**ST**

**SF**

**NF**

**NT**

**LOOK FOR**

Facts

Facts

Possibilities

Possibilities

**DO IT WITH**

Impersonal  
analysis.

Personal  
warmth.

Personal  
warmth.

Impersonal  
analysis.

**BECOME**

Practical and  
matter of fact.

Sympathetic  
and friendly.

Enthusiastic  
and insightful.

Logical  
and ingenious.

**FOCUS ON**

Technical skills  
with facts and  
objectives.

Practical help  
and people  
services.

Understanding  
communicating  
with people.

Theoretical  
and technical  
development.

**TEND TO BE**

Accurate  
and  
responsible.

Practical and  
service  
oriented.

Insightful  
and  
inspiring.

Theoretical  
and  
entrepreneurs.



# MY NOTES

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