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Myers-Briggs Type Indicator (MBTI) – Step III

Many of us experience dissatisfaction with our lives at some point, whether in our choice of career, the quality of our relationships, or simply in the feeling that we are not using our talents and gifts to their fullest potential. This discontent can lead to stress, burn-out, low energy and lack of motivation.

Self-knowledge is a powerful tool that can address the effects of life's stressors by releasing new energy and revealing new paths and solutions. The **MBTI Step III** is a personalized roadmap that can lead the way to self-discovery.

The **MBTI** Instruments can help you:

- Maximize performance in school or at work
- Enhance relationships
- Improve communication skills
- Clarify goals
- Take action
- Reinvent yourself

The new **MBTI Step III** instrument is based on the psychological type principles identified by Carl Jung and applied by Isabel Briggs and Katherine Myers. The interpretive report generates descriptive statements in simple everyday language to promote meaningful discussion between a client and a coach or therapist, and provides accessible feedback on how well a client is using the strengths of his or her psychological type as well as meeting the developmental challenges associated with it.

The 3 MBTI Instruments

Many people have encountered the Myers-Briggs Type Indicator -- at work, as part of a team-building exercise, at a career center, or in the context of counseling.

- **Step I** describes the broad strokes of individual's cognitive make-up or personality.
- **Step II** (Form Q) captures individual differences in people of the same personality type.
- **Step III** is a newly released instrument that provides a point-in-time, highly personalized assessment of how effectively an individual is using the unique qualities of his or her MBTI type designation.

Ann C. Holm, MS, ACC – Ann offers a dynamic and individualized plan to anyone who would like to uncover their talents and gifts and maximize their personal potential. In addition to being a licensed coach and certified Master practitioner of the Myers-Briggs Type Indicator, she has 25 years of experience assisting brain injured clients to recover and maximize cognitive skills.

