

Myers-Briggs Type Indicator® (MBTI®)

A positive framework for life-long people development

Results that engage and inspire

The Myers-Briggs Type Indicator® (MBTI®) assessment is one of the world's most popular personality tools—because it works. Used by more than 88 percent of Fortune 500 companies in 115 countries, and available in 29 languages, it has become the go-to framework for people development globally. With more than 70 years of science-based, research-based insight, the MBTI assessment is a robust tool for self-awareness and improvement. It provides positive language for understanding and valuing individual differences. With practical insight that's easy to understand and implement, the MBTI assessment has helped thousands of organizations and millions of people around the world improve how they communicate, learn, and work.





MBTI Personality Preferences

Through a series of questions, the MBTI assessment helps you identify your natural preferences in four areas of personality:

- How do you direct and receive energy—by focusing on the outside world, interacting with people and taking action, or by focusing on your inner world and reflecting on ideas, memories, and experiences?
- How do you take in information—by focusing on what you perceive using your five senses or by seeing the big picture and looking for relationships and patterns?
- How do you decide and come to conclusions—by logically analyzing the situation or by considering what's important to the people involved?
- How do you approach the outside world—in a planned, orderly way or a more flexible, spontaneous way?

Your natural preferences in these four areas sort you into one of 16 distinct MBTI personality types. Understanding these types gives you objective insight that you can use to enhance your professional and personal relationships, as well as your direction, focus, and choices.

The Four Myers-Briggs Preference Pairs

Extraversion  or  Introversion



Opposite ways to direct and receive energy

Sensing  or  iNtuition

Opposite ways to take in information

Thinking  or  Feeling

Opposite ways to decide and come to conclusions

Judging  or  Perceiving

Opposite ways to approach the outside world