

Introduction to Myers Briggs

with Helen Lawrence



Wednesday 10 November 10.00-4.30 £15

The Myers Briggs Type Indicator (MBTI) has been used for fifty years in helping people to gain a greater understanding of themselves and of others. Using the psychology of preference, MBTI can provide insight into all aspects of our lives. This day-long session will provide an opportunity to explore your own personality type and to focus on how this may impact your spiritual journey. The session is designed for people who have no experience of using MBTI or who would like a refresher.

Helen Lawrence is a freelance personal development consultant and works mostly in the higher education and not for profit sectors. She has been an accredited Myers Briggs practitioner since 2005 and is a trained coactive coach. She came to personal development through an academic route, having completed a PhD in Sociolinguistic Variation. After working in postdoctoral research for a while, she decided that people were more interesting than the verbs they used. She is an active member of the Church of England, serving as a PCC member then as churchwarden in her own church.

For further details, or to book a place contact
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