

Plenary: Myers-Briggs Type Indicator – The Power in Knowing Your Personality

Presented By:

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BERNADETTE J.H. LAWSON is the Manager of Events and Special Programs at Sedgwick LLP. She joined Sedgwick in July 2014 and works closely with attorneys to design, develop and manage client focused Continuing Legal Education seminars and business development events. Before joining Sedgwick, she spent 16 years at Shook, Hardy & Bacon L.L.P. in various positions, including her role as Marketing Events Specialist where she focused on client development and CLE programs. Joining SHB as a Health Care/Corporate paralegal, she transitioned into the field of organizational and professional development in 2008 as the Organizational Development Trainer. Her primary focus was on individual and team development, soft skills training, and organizing in-house Continuing Legal Education programs. Bernadette has been a member of ACLEA since 2011 and co-chaired the In-House SIG Group 2012-2014. She is a member of the ACLEA 2017 Mid-Year and 2017 Annual Meeting Planning Committees. She and her husband Stephen have two sons, and in her spare time, Bernadette enjoys both combat fitness exercise and practicing yoga – striving to find balance in all that life offers.

*Myers-Briggs Type Indicator:
The Power in Knowing Your Personality
and
Understanding Preferences and
Communication Styles*

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Myers-Briggs Type Indicator – What is it?

- The Myers-Briggs Type Indicator (MBTI) assessment is an indicator – not a test!
- Most importantly, it's a self-awareness tool.
- The MBTI was designed to make Carl Jung's theory of personality types understandable and useful in everyday life.
- Looks only at normal behavior.
- Most Fortune 100 companies use it.
- Enhances your understanding of yourself and your natural strengths.
- Helps you better understand others and their communication style.
- MBTI instrument indicates preferences on four pairs of opposites, called dichotomies.
- Sixteen MBTI Personality Types.

Extraversion	E	or	I	Introversion
Opposite ways to direct and receive energy				

Sensing	S	or	N	Intuition
Opposite ways to take in information				

Thinking	T	or	F	Feeling
Opposite ways to decide and come to conclusions				

Judgment	J	or	P	Perceiving
Opposite ways to approach the outside world				

Myers-Briggs Type Table

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

[illegible]