

PERSONALITY TYPE ANALYSES TO

OPTIMIZE TEAM DYNAMICS

The **professional determination of personality type characteristics** helps managers, employees and entire teams to better understand themselves and their environment and thus to **communicate and work** with one another **more productively, constructively and empathetically**.

www.personality-potential.com

OFFERING

World-leading, established systems for determining personality types such as the Myers-Briggs Type Indicator (MBTI®) or the Enneagram allow **the accurate determination of personality traits** as well as the development potential based on them. As a **certified trainer**, I accompany you and your team through **seminars**, professional **tests** and individual **coaching sessions** with passion, experience and empathy in the exciting and value-adding area of these insightful systems and increased knowledge of ourselves and others.

ADDED VALUE

- **Burnout prevention** and investment in the **mental health** of employees: Those who know themselves better and realize their patterns and entanglements can counteract them at an early stage.
- Opportunity for you to **optimize team constellations** and, if necessary, make spatial changes (e.g. introverted and extroverted employees not permanently sitting in the same rooms).
- **Increased empathy level**: Creating increased understanding for each other within the team based on knowledge of personality traits.
- This results in better team harmony and communication.
The result: **optimized productivity, teamwork and group dynamics**.

PROCESS

1. Introductory seminar & self-determination

In a team seminar, I give an **introduction to the respective system** (MBTI® or Enneagram) and the opportunity to **determine each persons own personality types** in a playful and exciting way.

2. Professional personality test & debrief

A professional MBTI® or Enneagram test (carried out online as a questionnaire) only takes about 20 minutes. The result is an individual **14-page report (PDF)**, looked at in a **1 hour 1-to-1 debrief session**.

3. Two-hour deep dive 1-to-1 session (optional)

In a 2 hour 1-to-1 session, employees will be taken way deeper **beyond their report** to receive valuable reflections and extended insights on their personality traits as well as an extensive amount of **suggestions for growth**.



CONDITIONS

- At your premises or online
- 2hrs team seminar: 750 Fr.
- Test & 1 hr session: 250 Fr each.
- 2hrs prepared 1-to-1 deep dive session: 500 Fr each.

CONTACT

- [078 775 71 81](tel:0787757181)
- jan@personality-potential.com



JAN-HENDRIK SENF

MBTI® & Enneagram Trainer

I have found my calling in helping individuals, groups and teams discover more about themselves and each other. The focus is on opportunities for growth and development. My aim: to make the business world a more conscious and empathetic, thereby more harmonious and ultimately more productive place thanks to profound insights into personality types and their interplay dynamics.