

Find your Fit

1. Should I sign up?

Answer yes if you are confused about which career choices might be a good fit for your personality, and you are looking for a structure to sort this out so that you can narrow your options and set a career goal. Maybe you are a young person struggling to plan your career, or you have found yourself out of work at a later stage of life and are looking at this as an opportunity to make a change for the better. If you are feeling pressured by loved ones, and by yourself, to answer the question, “What do you want to be when you grow up?” - this service can help.

2. What will I learn?

Using the Myers-Briggs-Type Indicator® (MBTI) and/or Personality Dimensions® assessment tools, you will learn about the different facets and unique patterns of your personality/temperament, and how the structure of your personality can explain the way you take in information, make decisions, and deal with the outside world. You will also learn about how personality style and job fit can affect your performance and feelings of success and satisfaction at work.



“My long-term goal is to become an entrepreneur, to own my own bookkeeping company. For now, I’m going to get paid for the training.”

3. How will I learn?

You will first complete an on-line version of the MBTI personality inventory. If you prefer to work one-on-one, your career coach will share your results with you during a 90-minute interpretation session. You will be guided through a 3-step process to determine your “Best-Fit” personality type, and receive a detailed explanation of how to make the best possible use of your MBTI Career Report. If you enjoy the interaction of the seminar format and signed up for the Implicit Career Search® workshop, you will complete the on-line version of the MBTI, followed by a group lec-

ture and facilitator-guided individual class time to determine your “Best-Fit” type. You may become fascinated by learning about Type, that you subsequently set up an in-depth one-on-one interpretation session with your career coach.

If you are a Dependable Strengths® workshop participant, you will be guided through lively group and individual activities using Personality Dimensions® to determine your temperament style.

4. How will this be useful to me?

You will understand what tasks and environmental conditions should be present to maximize your job satisfaction. This will also help you to discover some of the reasons for previously disappointing work situations. You will learn what has been missing from your work until now, and realize that you have the power to change this once you have a roadmap. One benefit of the 60+ years of empirically validated research behind the MBTI is that you will learn about many types of careers that people of your same type find rewarding. This will open up ideas for you about what careers might be a good (or better) fit. You will also see how personality differences between people can be better understood to improve your relationships – at work and in your personal life.