

# MBTI Team Building Program



Built by Catapult



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# Your Challenge

- How can I maximize the effectiveness of my team?
- What can I do to improve my team's communication?
- How can I reduce conflict and create harmony within my team?
- How can my team work more cohesively?
- How can I reduce frustration and amplify potential?

# Our Solution

Catapult's *MBTI Team Building Program* helps you create high-performing teams to grow your business. With a better understanding of themselves and the people they work with, employees develop greater respect for and appreciation of one another. In addition, with our effective team-building activities, you can successfully contribute to managing conflict in the workplace.

# Who is this MBTI Team Building Program for?

## Leaders who want to:

Maximize effectiveness and potential.

Create clarity and understanding.

Improve communication and harmony.

Reduce frustration and conflict.

# How does the MBTI program work?

- We meet with you to get an understanding of **your objectives, challenges, and timeline.**
- We create a **customized program** using **MBTI** assessments.
- We facilitate a **1/2 day team session** to create a collective understanding and awareness of how to work more effectively.

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# What's included in the program?

- ✓ **Myers-Briggs Type Indicator Assessment**
- ✓ **Detailed understanding of your team's personality traits**
- ✓ **Catapult facilitated 1/2 day session with your team to include:**
  - Interactive review of personality types and how they impact others
  - Review of your team type results
  - Exercises, activities, breakout discussions, and action items

## **Optional addition:**

1:1 Review of MBTI assessment with each team member with a Catapult MBTI certified expert.  
(If selected, additional fees apply.)

# What happens in the 1/2 day session?

## Learn:

- What accounts for our differences?
- How can we reduce conflict and work together more harmoniously?
- What is our team's work style?
- How can understanding types help us work better?

Catapult's MBTI certified experts provide a detailed review to help your team understand their personality types, conceptualize how their types fit into the structure of the organization, envision how they may achieve greater productivity, and learn to better navigate interpersonal relations within the workplace.

We also review your overall Team Type and how it fits with your organization's culture.

Team discussions, activities, exercises, breakout sessions, and action items.



# What is the time commitment?

**45 minutes**  
for each team  
member to  
complete the  
assessment

**1/2 day session**  
facilitated by  
Catapult  
(conducted in person at  
your company or via  
Zoom)





# How much does it cost?

- \$100 per person for each MBTI assessment
- \$5,000 for the customized ½ day session (in person at your business or via Zoom)\*

\*We're pleased to offer a reduced price of \$4,000 for the ½ day session for nonprofit organizations

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# How can MBTI help my team?

The MBTI assessment provides the reliable insights you need to improve the performance of your people, teams and organization. By creating a common language to easily communicate the complexities of an individual's personality, it supplies invaluable inputs for your ongoing team building, leadership and coaching, conflict management, career development, and retention efforts.

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# The Catapult Difference

Your company is not one-size-fits-all, and our approach isn't either.

We work with you to deliver customized, comprehensive solutions to meet your leadership and organizational needs.

Our MBTI Team Building program is for organizations committed to the growth and development of their teams to better create a lasting impact and meaningful results.

**catapult**  
EXECUTIVE CONSULTING

## Catapult's MBTI Team Building Experts

Tasha LeFevre, MAOL

- MBTI Master Practitioner
- Vice President of Development



Sarah Gilson, MBA, CPCC

- Vice President of Organizational Development



Paige Nero, MSA

- Senior Director of Talent



# Testimonials.

"Catapult provides thorough analysis on MBTI and they can help with the development of leaders. I have worked with them for over 3 years, and I can not recommend them enough."

"I first got introduced to Catapult through our company's leadership training initiatives. It was an incredible experience. The team at Catapult provided a safe place where you could test your limits, leave your comfort zone and be a part of true personal/professional transformation. I am grateful for the time I have spent with the team and am excited to continue to work with them into the future!"



"I've been through many different leadership/high performance trainings throughout the last 10 years and Catapult's training with Tasha and Paige was the best!! They truly walk the talk and love what they do. Not only do they work on showing you what it takes to lead but learn about your own personality and strengths to help you develop a great and lasting leadership style that works for you. Well worth the time and effort because you actually get something valuable out of this training."



# How do I get started?

Contact us today!

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- [info@catapultsuccess.com](mailto:info@catapultsuccess.com)
- <https://catapultsuccess.com/contact>

