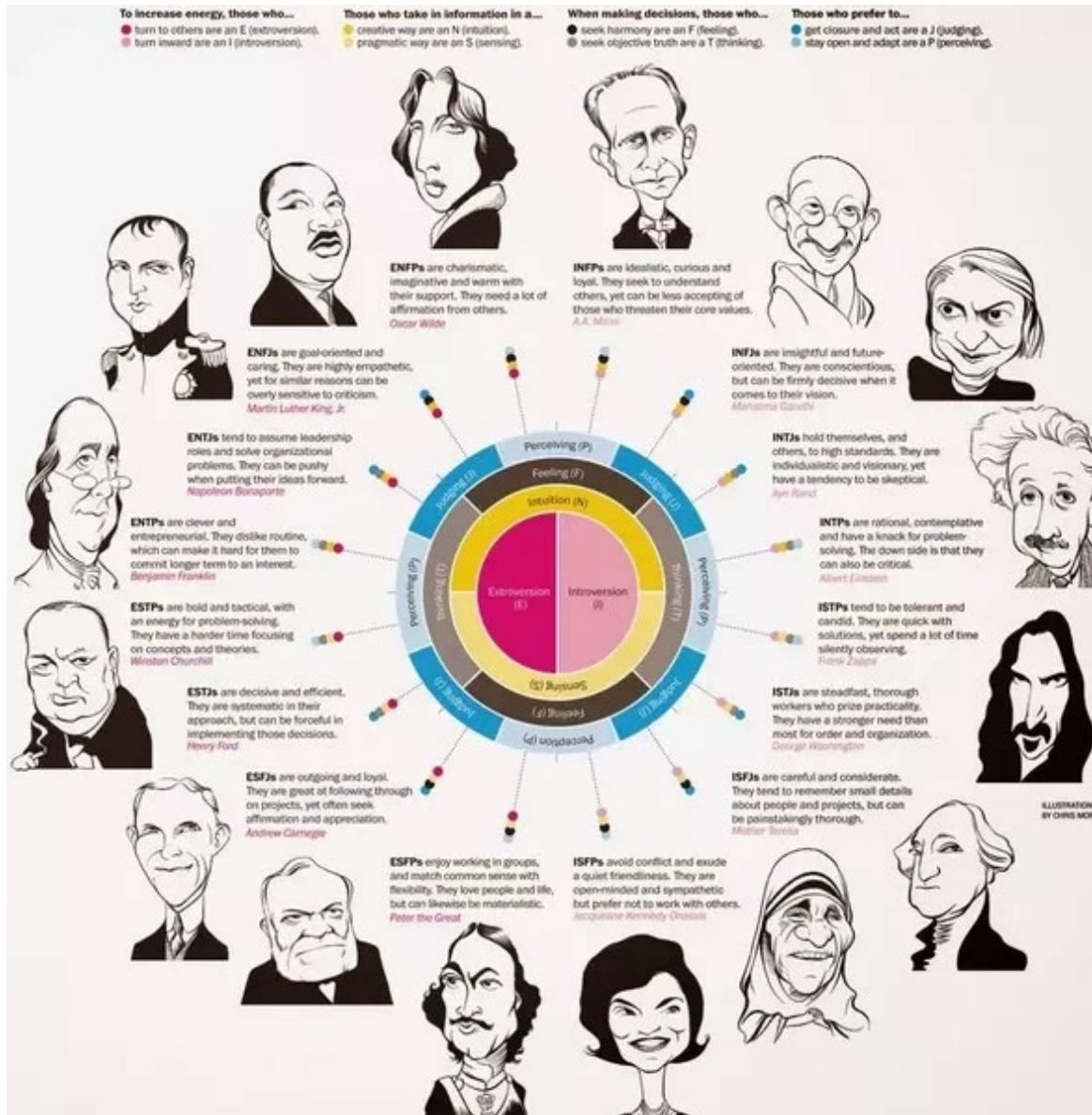


# Overcome Fear of Public Speaking





# 1. Complete the Humanmetrics Questionnaire

- The purpose of the **Myers-Briggs Type Indicator® (MBTI®)** personality inventory is to make the theory of psychological types described by C. G. Jung understandable and useful in people's lives.

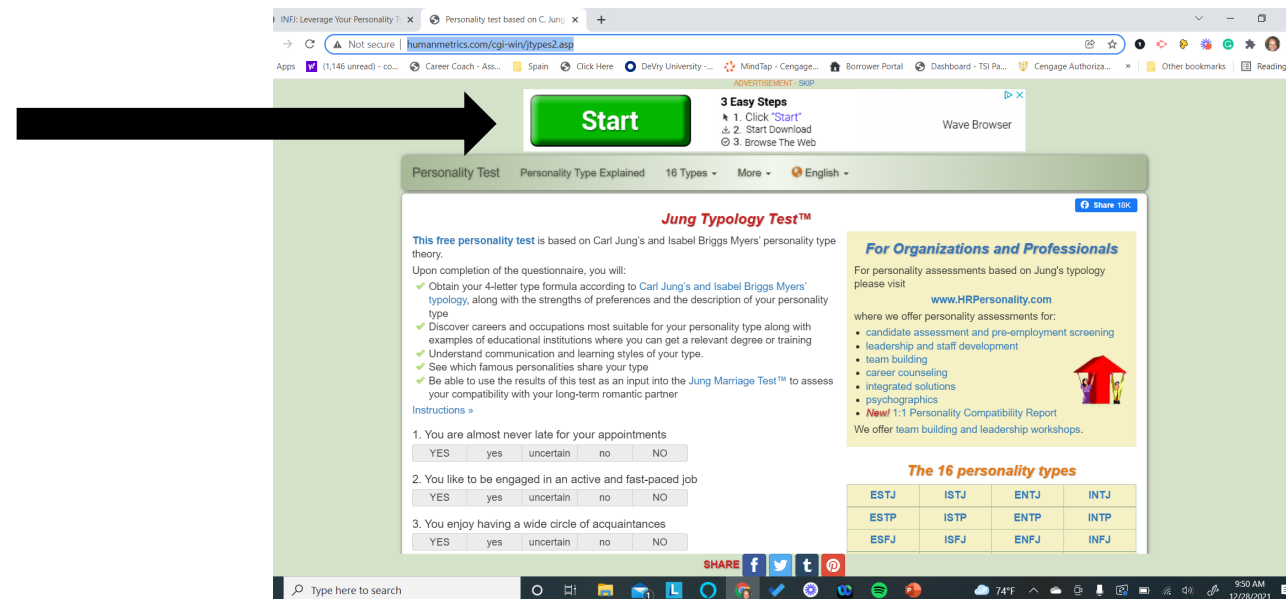
# Why?

- The **Myers Briggs Type Indicator** (MBTI) is a self-assessment tool that helps a person to understand his/her own preferences with respect to gathering and processing information, making decisions, interacting with people, need for flexibility / spontaneity vs. structure / closure and more.
- **MBTI** is one of the most proven and powerful instruments of its type in the world. It has been applied with exceptional level of expertise to discover individual and team effectiveness, leadership development and interpersonal relationships (e.g. communication, relationship-building, persuasion skills, conflict management, decision-making, influencing others).

# To begin – complete the Questionnaire

1. Use this link to open the questionnaire <http://www.humanmetrics.com/cgi-win/jtypes2>.

2. Go to Start

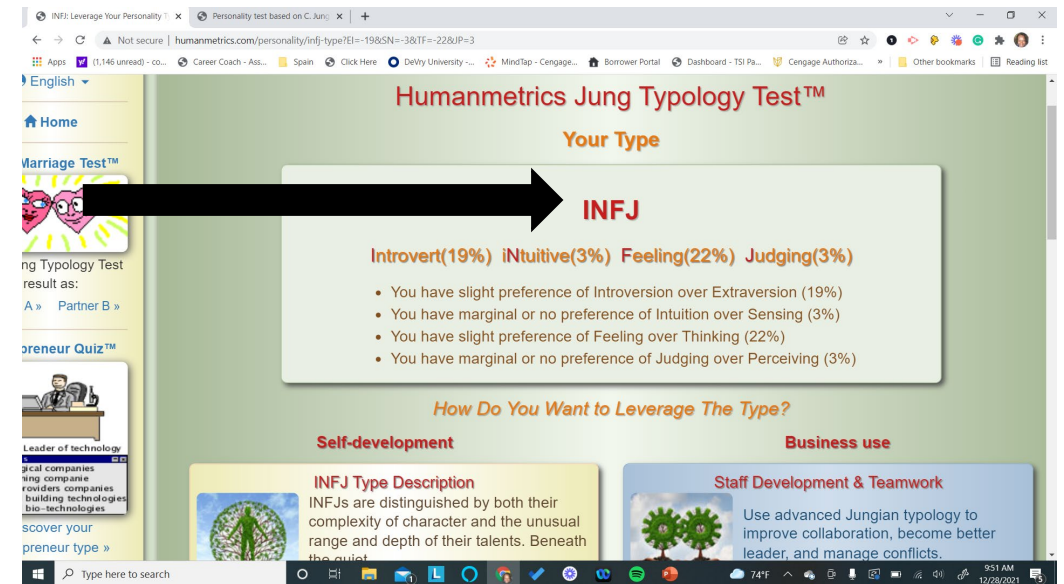


# Complete the Questionnaire

3. Complete all 64 questions. Don't overthink your answers.

4. Screen shot your results so that you will remember them.

5. Go back to the course to learn about your **personality and public speaking**



The screenshot displays the results of a Jung Typology Test. The main heading is "Humanmetrics Jung Typology Test™". Below it, the user's type is identified as "INFJ". A list of preferences is shown: Introvert(19%), iNtuitive(3%), Feeling(22%), and Judging(3%). A bulleted list provides further details: "You have slight preference of Introversion over Extraversion (19%)", "You have marginal or no preference of Intuition over Sensing (3%)", "You have slight preference of Feeling over Thinking (22%)", and "You have marginal or no preference of Judging over Perceiving (3%)". Below this, the section "How Do You Want to Leverage The Type?" is divided into "Self-development" and "Business use". The "Self-development" section includes an "INFJ Type Description" stating that INFJs are distinguished by their complexity of character and unusual range and depth of talents. The "Business use" section includes "Staff Development & Teamwork" advice to improve collaboration and manage conflicts.

**Write your results here so you  
will remember them**



# 2. What was your personality type?

## PERSONALITY TYPES KEY



### Extroverts

are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.



### Introverts

often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.



### Sensors

are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.



### Intuitives

prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.



### Thinkers

tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.



### Judgers

tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.



### Feelers

tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.



### Perceivers

prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.



# You got this!