



BITE-SIZE LEARNING

JUNGIAN PERSONALITY TYPES

Bite-size training sessions: manageable portions of expertise, designed to fit in a lunch hour.

We look forward to joining you for this bite-size learning



What is bite-size learning?

If times are hard, the training budget is one of the first things to feel the squeeze. Yet research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not. Bite-size learning is a great way to keep on top of training efficiently and cost-effectively.

Designed by Dr Lesley Aitcheson and Cerulean's team of learning & development specialists, our bite-size learning has a proven record with many organisations including top universities, charities, trusts, corporations, and councils.

Jungian Personality Types

Carl Jung was a pioneering early psychologist and an early researcher of personality types. His Jungian Personality Types influenced much of our understanding of personalities.

This bite-size learning session has been created to acquaint you with the basics of Type psychology, help you identify your own type and think about how to apply your learning in the workplace and other areas of your life.

We cover:

- What is Type?
- Difference between Type and Trait?
- What is my Type?
- How can I use this in work and life?
- Further information & resources
- Q&A

This 90-minute session is suitable for everyone who is curious about Jungian Type psychology and how this can help them understand themselves and others to improve work relationships and team performance.

To find out more about our EDI&B bite-size learning sessions, click [here](#).