

Alabama Association for Psychological Type (ALAPT)
an affiliated chapter of the Association for Psychological Type International (APT*i*)

Type Tools for Taking Charge of Your Journey
presented by

Katherine W Hirsh

May 7, 2010

at

Homewood Public Library, Auditorium, 1721 Oxmoor Rd,
Homewood, AL 35209

Schedule

**Approved for 5.5 NBCC CE's and 5.5 SW CE's
MBTI CE's applied for and in process**

8:15 am-9:00 am	Check-in, Registration, Networking
9:00 am-11:45 am (15' break)	Morning Session 2.5 hrs
11:45 am-12:45 pm	LUNCH on site
12:45 pm-1:15 pm	ALAPT Business Meeting
1:15 pm-4:30 pm (15' break)	Afternoon Session 3 hrs
4:30 pm-5:00 pm	Clean-up

Katherine W. Hirsh, DPhil has been using psychological type and the MBTI® Tool in coaching, training, management consulting, education, and personal, professional and faculty development for over 20 years. She is a co-author with Elizabeth Hirsh and Sandra K. Hirsh of the second edition of *Introduction to Type® and Teams* and the third edition of *The MBTI® Teambuilding Program: Leader's Resource Guide* and co-author with Elizabeth Hirsh of *Introduction to Type® and Decision Making*. In addition, Katherine and Elizabeth produce the Self-Discovery Digest, a blog devoted to helping individuals become their best selves.

Katherine currently serves as the President-elect of the Association for Psychological Type International (APT*i*). She is a frequent contributor to the APT*i* *Bulletin*, producing essays, book reviews and other articles of practical interest to the Type community. She also is a regular workshop facilitator and keynote speaker at local on ground chapters of APT*i*, the eChapter, as well as local and national type organizations outside North America. Katherine's preferences are for INTP.

Type Tools for Taking Charge of Your Journey

When we first become familiar with type, we can fall into the trap of seeing our clients and ourselves in a one dimensional snapshot summarizing our lives. In reality, for many of our clients, employees and selves, the first half of life is devoted to discovering who we are in our careers, in personal relationships and as members of our families. In the second half of life, there is an often an urge to look inward rather than outward, to discover more about who we are.

Some people contemplating retirement, desire to find ways to define themselves beyond the career they intend to relinquish. Change is challenging at any age but, as we and our clients age, the impact of our decisions multiply and the roadblocks to personal transformation seem greater.

So, along with the personal journey of the MBTI participant, it is important for those of us who are involved with clients in career counseling, human resources, teams in organizations (with emphasis on generational differences) and marriage counseling, to comprehend the impact of the aging process on our clients.

Through a set of interactive exercises, we will explore:

- common points of resistance to change.
- levers to get us (or our clients) unstuck.
- methods to keep new commitments.
- using type knowledge to transform the journey into one where your goals, instead of what others want, drive your behavior.

Participants will reflect actively on assumptions about change and retirement. We will craft the unique story that suits both who we are and who we are yearning to become in the second half of life.

At the end of this session, you will be able to:

- ❖ Discard your former assumptions about change and their relationship to personality type, especially regarding retirement.
- ❖ Feel part of a community of learners focused on making meaningful and lasting life changes.
- ❖ Build authentic blueprints for living the second half of life.

Type Tools Workshop fee covers:

- 5.5 NBCC CE's or 5.5 Alabama Board of Social Work CE's
- A copy of Katherine's new book **Type and Decision-Making**
- Lunch and Snacks

Special Guest for the Day

Sherrie Haynie, M.Ed.

Sherrie Haynie serves as a Consultant for CPP, Inc. She is an MBTI® Master Practitioner and MBTI Certification Program faculty member. She has a Masters degree in Education coupled with 11 years as a coach, performance consultant, and Learning Operations Director. Prior to joining CPP, Inc., Sherrie operated a performance improvement consulting practice. She currently works with a multitude of Fortune 500 organizations.

In addition to providing MBTI Certification training, Sherrie's areas of expertise include analysis, development and facilitation of organizational development initiatives, leadership development, coaching, strategic planning, performance management, and teambuilding interventions.

Sherrie will share some of the latest Type news with us, have information on products and be available for questions.

Cancellation Policy

If you pre-register, pay in full and then cannot attend, your registration fee can be carried forward and applied to another workshop hosted by ALAPT within 1 year. No refunds are possible.