

Myers Briggs Training Solutions Through OptimizeTeamwork.com's Innovative Workshop Series

Customizable virtual & in-person workshops help organizations navigate workplace tensions with research-backed personality insights for today's teams.

WASHINGTON, DC, UNITED STATES, May 19, 2025 /EINPresswire.com/ -- In response to the growing complexities of hybrid and remote work environments, [OptimizeTeamwork](https://www.optimize teamwork.com) announces expanded and enhanced Myers-Briggs Type Indicator® (MBTI®) training workshops designed to boost collaboration, reduce conflict, and unlock team effectiveness.



Myers Briggs Training OptimizeTeamwork.com

As a Certified MBTI® Training Provider and a recognized leader in personality-driven talent development, OptimizeTeamwork now offers a comprehensive suite of customizable, modular, facilitator-led workshops—available virtually or in-person—tailored to the specific goals and schedules of modern organizations. Workshops are customizable to individual contributors, intact teams, work groups, or leaders.

With 30+ years of cross-industry experience, 4,000+ workshops delivered, and 30,000+ leaders trained, [OptimizeTeamwork.com](https://www.optimize teamwork.com) is trusted by top organizations, companies, non-profits, government agencies, and education institutions to deliver powerful training that works.

Solving Today's Workplace Challenges with Proven Personality Insights

According to recent data, 73% of HR leaders report increased cross-functional tensions resulting from distributed work models. The updated MBTI® workshop series from OptimizeTeamwork offers practical, research-backed solutions to this growing issue by helping organizations:

- Improve communication
- Improve collaboration within and across departments

- Accelerate group decision-making
- Resolve conflict effectively
- Lead through ongoing organizational change

Comprehensive Workshop Offerings Include:

- Wired Differently: Understanding Personality through Myers-Briggs

Duration: 2–3 hours

Discover how MBTI® personality type influences workplace dynamics. Identify strengths, areas of development, and actionable strategies for effective collaboration.

- The Leader's Playbook: Leveraging Different Thinking Styles

Duration: 3–6 hours

Empower managers to unlock innovation by embracing cognitive diversity on their teams and creating a thriving culture to boost employee engagement, retention, and organizational success.

- Connect & Collaborate: Personality-Powered Communication

Duration: 2–3 hours

Discover your own communication style and learn adaptive communication techniques tailored to Myers-Briggs personality types to improve connection and teamwork.

- Conflict Decoded: Personality-Powered Problem-Solving

Duration: 2–3 hours

Discover your hard-wired approach to conflict management and learn how to transform conflict into opportunity with personalized resolution techniques grounded in MBTI® insights.

- Resilient by Design: Thriving Under Pressure

Duration: 2–3 hours

Uncover the strengths of your personality type and develop personalized resilience strategies based on your MBTI® type to better navigate stress.

- Change Management: Leading Others Through Change

Duration: 2–3 hours

Discover the human side of change and learn personalized strategies to coach your teams through organizational change more effectively.

- Beyond Instinct: Smarter Decision-Making with MBTI®

Duration: 2–3 hours

Improve decision-making by understanding your Myers-Briggs personality-based cognitive patterns and learning how to adapt and accelerate decisions for better results.

- The EQ Advantage: Emotional Intelligence Powered by Personality

Duration: 2–3 hours

Build better relationships and enhance interpersonal effectiveness, team performance, and psychological safety through EQ and personalized emotional intelligence strategies.

- The Conflict Advantage: Mastering the Five TKI® Styles

Duration: 3 hours

Discover your go-to conflict mode and how it can help or sabotage your effectiveness. Learn adaptive strategies for better responses to working through conflict effectively.

- Giving and Receiving Feedback: Being the Coach not the Critic

Duration: 2-3 hours

Discover what makes feedback powerful and effective and learn practical frameworks for crafting and delivering positive and constructive feedback, fostering open communication and continuous improvement.

- Building Trust: A Strategic Advantage

Duration: 2-3 hours

Learn how to recognize behaviors that build and erode trust and develop actionable strategies to foster a culture of collaboration, engagement, and psychological safety, building trust and strengthening relationships and teams.

Why Organizations Choose OptimizeTeamwork:

- Modular format adaptable to all industries and team sizes
- Hands-on learning through guided case studies, exercises, and diagnostic tools
- Data-driven impact: 94% of organizations report improved outcomes post-training
- Cutting-edge facilitation leveraging the world's most recognized personality tools, including MBTI® Step I and II, TKI® Conflict Modes, CPI260® for Leaders, and more.
- Cross-Industry Expertise in Finance, Tech, Hospitality, Manufacturing, Consumer Goods, Agriculture, Energy, & Healthcare

Schedule Your Complimentary Consultation

Discover how OptimizeTeamwork can help your organization unlock its full potential through expert-facilitated workshops and personality-based training that works.

□ [Visit OptimizeTeamwork.com](https://www.optimize teamwork.com) or call (561) 468-2468 to schedule your free consultation today.

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