

## **Introduction to the Myers-Briggs System (lecture)**

Have you ever wondered why you think, feel and act the way you do? Any why other people think, feel and act differently from you? The Myers-Briggs system is THE most widely used personality system in the U.S. today. The Myers-Briggs system is based on the theoretical work of Carl Gustav Jung, the world-famous Swiss psychiatrist, but was further developed by a mother and daughter team to be useful in people's lives. If you want to better understand the different ways people prefer to get energized, take in information, make decisions, and structure their lifestyle, then you won't want to miss this lecture! You will even be able to determine your own Myers-Briggs type before the presentation by taking a short self-assessment.

If you have any questions please feel free to e-mail me at [grussrowe@cox.net](mailto:grussrowe@cox.net) or call me at (619) 347-5440.