



## Myers-Briggs Type Indicator (MBTI)

This test is the first self-assessment tool that will help you determine your personality profile. The intention of this exercise is to connect who you are with your coaching practice. Please complete the online test at [www.16personalities.com](http://www.16personalities.com)

**After completing the survey, please answer the following questions:**

According to the MBTI test what is your personality type?

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What is the degree to which you feel the test accurately reflects your personality? Please explain:

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What aspects of the personality profile do you feel are a correct description of yourself?

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What aspects of the personality profile do you feel are an incorrect description of yourself?

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How does your personality type influence your role as a coach?

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How does your personality type influence your professional development and career advancement as a coach?

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How may your personality type influence your role as a mentee in the mentorship relationship?

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