

BAPT MIDLANDS GROUP WORKSHOP

WHERE ARE WE WITH MBTI® AND WHERE IS IT GOING?

LED BY ANN O’SULLIVAN (ENTP)

REPORT BY FRANCES WOOKEY (INFP)



Rev Canon Frances Wookey lives in Gloucestershire having recently retired as a parish priest in Worcestershire. She is an MBTI® practitioner, and also has qualifications in adult education and counselling. Her first career was in insurance, and she is an Associate of the Chartered Insurance Institute. She is married to Roger, and their life is run by Thea, a black Labrador. In retirement, she hopes to have more time to use the MBTI® alongside helping out in local churches, and indulging her interests in family history, food, travel and handicrafts.

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Theoretically, I have been a member of this group for a long time but, as a parish priest of a large benefice, I have never before had time to go to a meeting. Now, newly retired, I no longer have that constraint, and was delighted to have the opportunity to attend my first meeting and hear Sister Ann O’Sullivan. It was Ann who first introduced me to the MBTI® over 20 years ago, as was the case for many members of the group. Others had not learnt directly from Ann, but had been inspired by those who had. As was said when she was introduced, she has sown many seeds and these have spread and borne fruit.

As well as introducing ourselves, Ann asked us to say what we hoped to get from the meeting, and this produced various responses including questions about the relative merits of the

MBTI® and the Enneagram. Following a lively, if brief, discussion on this subject, we moved on to Ann’s thoughts about where the MBTI® is going. She said that we live in a “tick box” society, and that many people attend workshops which give them the four letters, but that they really have little idea what it means for them. Are people treating the MBTI® as a tool-box rather than a journey? She asked us to share in pairs how we felt when we first met the MBTI®, and asked whether we still felt the same about it now – within the group there was still great enthusiasm, based on our own personal experience and how we have seen it help others.

Ann’s great concern is that many workshops are conducted with large groups in too short a time, with no one-to-one feedback. Frequently these happen in the workplace, which raises the ques-



Alison Geary and Ann O’Sullivan

tion as to whether people give answers that relate to how they work, or what they think that an employer wants to hear, rather than their true preferences. With no follow-up or individual feedback this means that they may be mistyping themselves. Group members shared various experiences that tended to confirm Ann's view, and she urged those of us who are practitioners to go out and recapture the *essence* of type. She gave us various suggestions as to how this needs to be done, and emphasised the importance of the relationship with the practitioner.

Ann gave us valuable advice on how to help people to find their best fit type. She also made a very interesting point about the emphasis placed on the J/P dimension. Since we all have both a perceiving function, S or N, and a judging function, T or F, we all have a need for both information gathering and closure. We will exhibit one to the outside world, but that does not mean that we don't have an inner need for the other. I recall this being described to me years ago as the "introvert anomaly", which assumed that only Is have this dilemma, as their dominant function is not the one seen by the outside world. However, the way

Ann described it, Es are in exactly the same situation, since their auxiliary function still needs the opposite of whatever is seen in the outer world.

We were all agreed that the meeting had been very stimulating, and Ann had given us many helpful new insights – as was said in the vote of thanks, we have been re-inspired and encouraged to think about what we don't know.

Sean Kennedy, a group member, mentioned his new book "*Church Uncorked*", co-authored with Catherine Cowell, which looks at light-touch leadership models, and also their new workbook for discerning vocation, "*Loved, Called, Gifted*". The former was warmly recommended by group members who had read it, and Sean asked whether some group members would be willing to review the latter.

After the meeting formally closed, those who were able to stay continued to chat while eating their sandwiches. I found it a very friendly, enjoyable and informative first meeting, and I look forward to attending many more.

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British Association for Psychological Type - Southern Group

TYPE, STRESS AND MINDFULNESS

TO BE LED BY LOUISE LLOYD

SATURDAY, 10 OCTOBER, 2015

10.30 am – 3.30 pm

(Refreshments from 10.00 am – bring your own lunch)

**The Paterson Centre
St Barnabas Church,
Church Road,
Swanmore, Hants, SO32 2PA.**

There is a small charge for the day to cover costs.



In this workshop Louise will briefly refresh attendees on the eight cognitive functions and ask them to assess their dominant and auxiliary functions. They will then experience some simple mindfulness practices with an overview of the research on its effectiveness. Finally Louise will share her research findings so far as part of a group discussion on what has been experienced by those attending during the practice sessions.

Louise Lloyd is a leadership development consultant and coach who has recently become more involved in BAPT after becoming Honorary Treasurer in 2014. She has been an avid proponent of MBTI® for over 20 years, using it extensively in both her management development workshops and with her coaching clients. For the last few years she has been developing her own mindfulness practice and, as a result of that practice, is undertaking some personal research to see if there are links between preferences for the different cognitive functions and the helpfulness of mindfulness in managing stress. Email: louise.lloyd@morleylloyd.com.

Please book by emailing Karen West (KarenWaterside@aol.com) or Marion Syms (marion.syms@btinternet.com)