



BAPT 2018 CONFERENCE - PROGRAMME OVERVIEW

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I am very excited to tell you about the upcoming BAPT Conference on April 12-14, 2018. The theme for this year's conference is **TRENDING: #Type in the Digital Age**. We know that technology is having huge impacts on how we live our lives, the societies we create, and even on the structure of our brains, and the conference is an opportunity to explore these important issues and reflect on what we, as type practitioners, can bring to these changes.

We are delighted to welcome international speakers and experts in type who are covering a huge range of topics stimulated by the conference theme. These will undoubtedly lead to many fascinating discussions, and there will be plenty of opportunity to network with other type enthusiasts and learn more from each other.

We are also offering a pre-conference workshop on the morning of 12th April, run by JCA Global, to qualify in their Leadership Climate Indicator 360 tool, at a discounted cost.

This year the conference will be held at a new venue, Kent's Hill Park in Milton Keynes, which has purpose built conference facilities, a gym, pool, steam room and sauna, and of course good travel connections. (10 minutes by taxi from Milton Keynes railway station).

With such an important topic, I want this conference to be the most successful yet, so please forward the website link to colleagues (even if not BAPT members) to let them know about this great learning and networking opportunity and remember that people can attend for single days if they wish.

<http://www.bapt.org.uk/events/2018-conference>

Now let me provide the highlights about our plenary sessions and an overview of the three tracks of concurrent sessions exploring many facets around the theme of **#Type in the Digital Age**.



PRE-CONFERENCE QUALIFYING WORKSHOP

Thursday April 12, 2018, 9.00 – 12:00: Leadership Climate Indicator 360 (LCI 360)

This is an opportunity to qualify to use JCA Global's LCI 360 tool, which measures the leadership climate set by individual leaders. It enables leaders to collect feedback from people they work with to understand the leadership climate they create. Unique in the market, it enables leaders to answer the question, "*how does it feel to be led by me?*"

A powerful developmental tool, providing diagnostic information to inform leadership development and coaching programmes, it:

- Helps leaders understand how their behaviour affects those they work with
- Identifies leadership behaviours blocking performance
- Provides clear developmental pathway by raising awareness of strengths, development areas, hidden strengths and blind spots
- Build climates of openness and trust within teams

KEYNOTE DAY 1

Thursday April 12, 2018 1:00 pm – 2:30 pm: Keynote - Finding Focus in the Digital Age

We are delighted to have as our opening keynote speakers **Jane Kise** and **Ann Holm** who will help us find



focus amongst the distractions of the digital age. Remember when you had to visit a physical library to look things up? When you had to memorize phone numbers? Now our problem is too much information and too many apps that can scatter our attention or send us into endless searches. Take the Brain Energy and Bandwidth Quiz in advance and then learn how type - and other research -



informs what it takes to stay focused and find the information you need in the digital age. And, learn from a case study how one workplace identified key problem areas and worked together to improve their energy, engagement, efficiency and effectiveness.

KEYNOTE DAY 2

Friday April 13, 2018 9.00 – 10.00: Dystopia or Utopia – you decide



John Hackston and **David Hunt** kick off day 2 with a look at how technology has changed the way we interact with others, spend our time, do our jobs... and whether it is changing us? How has psychological type been impacted, especially among young people who have only ever known a digital world? And what does the future hold for type



practitioners in an increasingly digital society?

John and David will explore the ways in which technology is changing our lives, draw on MBTI data to examine whether people really are changing their personalities in the digital age and show how type knowledge can help overcome the stresses and strains that people will face in the coming years.

PLENARY SESSION

Friday April 13, 2018 5.00 pm – 6:00 pm: [Are Body & Type Inseparable like Bonnie & Clyde?](#)

If you heard the “in conversation with” **Jean-Luc Dupont** in December, it will have whetted your appetite to find out more about Action Type, and discover the links between type preferences, and movement and posture preferences. Action Type is of increasing interest in the field of professional sport where coaches use it to improve the physical and mental training of their athletes. In this plenary session, Jean-Luc will share his practice of helping people find their true type by using the Action Type testing protocol and how he combines it with type, temperament, Interaction Styles and archetypes for a wonderful discovery journey.



KEYNOTE DAY 3

Saturday April 14, 2018 9.00 – 10.00 am: [Trending #Consciousness](#)

What is consciousness? How about the unconscious? Jung’s framework, and ideas like Type dynamics and

Type development, often use these terms. **Dario Nardi** opens the third day of the conference and explores what these terms mean - in theory and practice - from Jung’s view and from a neuroscience perspective.



As the complexity and loudness of our modern, urban, e-wired world increases, many of us exist in a stress state, and this can narrow and limit our consciousness. Dario will share how body-mind practices, such as meditation, from ancient traditions grounded in the connectedness of the natural world, can shift the brain and nervous system to elevate consciousness and encourage Type development.

The session concludes with Type-specific body-mind suggestions and consciousness-shifting activities from “Jung on Yoga”.

CLOSING PLENARY SESSION

Saturday April 13, 2018 2:30 – 3:30 pm: [Type Work is Diversity Work](#)

Our closing speaker is **Katherine Hirsh**, who will explore how we, as type practitioners, can change the way diversity and inclusion are defined and thereby enhance the impact of our interventions. Type theory brings the focus on to how each of us is diverse - this focus on the self, on embracing different aspects of one's own identity, tends to promote curiosity, respect and appreciation rather than the fear and anxiety that can be engendered by demographic approaches that take an “us and them” stance. We will reflect on how to share the idea that diversity and inclusion are not just about who is on your work team, but also about the parts of yourself that make up your personal cognitive, emotional and spiritual "team."



CONCURRENT SESSIONS: THURSDAY

Thursday April 12, 2018 3:00 pm – 4:30 pm: **Temperament and Coaching**



Temperament represents far more than simply a combination of preferences – it's a complementary theory to type and provides additional understanding of core drivers and innate stress responses. It tends to be easier to recognize and quicker to apply using a range of activities geared to different learning objectives. In this interactive, hands-on session, **Susan Nash** will share a range of activities you can use in delivering Temperament workshops and explore how to customize each activity to differing applications. You will walk away with new ideas for "bringing to life" Type and Temperament to make learning more relevant and immediate.

Thursday April 13, 2018 3:00 pm – 4:30 pm: **Wired BUT Searching to Connect**

Maryanne Sutherland has worked for many years in education and in this workshop she will explore how our 24/7 technological connectedness is increasing our social disconnectedness. The lives (and brains) of our children have been dramatically altered by our new fast paced, multi-tasking, quick reflexed, spectacularly vivid, technological world. How each individual reacts to our technological world is often guided by their personality type. Maryanne will look closely in this workshop at all types, their unique relationship to technological experiences and how type knowledge can help to open lines of communication.



Thursday April 13, 2018 3:00 – 4:30 pm: **Adapting and Accommodating in the Digital Age**

Should people adapt to the digital age, or should the digital age adapt to people? Do some types benefit more from the digital age than others? What do different types need to be



confident with virtual interaction and virtual learning? These are some of the questions **Mette Babitzkow Boje** and **Torsten Laursen** will explore with participants. They will share the outputs from interviews they have conducted with people of different types, and will discuss how organisations can accommodate different preferences for interaction and learning, if they want to get the best from their employees.



Thursday April 13, 2018 5:00 – 6:30 pm: **AI, Big Data and the World of Type**



Facebook knows your personality type, now what? The convergence of massive computing power and people's tendency to share more and more personal information online means that companies are now creating personality profiles of their users and customers all the time. In this session, **Rob Toomey** will examine the ramifications of this trend in the context of consumer behaviour, advertising, health

care, education, insurance, and more. Should we all be scared, or are there good things to come from this evolution? The session will be interactive and fun, with a goal of provoking thoughtful discussion.

Thursday April 13, 2018 5:00 – 6:30 pm: [Images of Resilience](#)

Robin Hills will introduce us to a coaching tool that contains 16 cartoon images depicting a range of experiences and emotions linked with the theme of resilience. Using the images, people can describe their experiences through their own metaphors, their own understanding and their own meaning, leading to insights and long-term learning around personal resilience. We will have the chance to experience the tool hands-on to explore our understanding of our own resilience and to discuss how this relates to Type. Participants will leave with new insights and perspectives around resilience and Type and an understanding of the use of metaphor as an expression of resilience.



Thursday April 13, 2018 5:00 – 6:30 pm: [Socionics – Upgrading Jungian Typology](#)

Jack Aaron is the founder of the World Socionics Society, a Facebook community of 2000 people. If it were not for the internet, Socionics would never have reached the United Kingdom. Since 2005, online forums have exposed thousands of westerners to MBTI's big, eastern cousin. In this talk, Jack will cover:

- Online origins of the western Socionics community.
- A basic outline of Model A, the classical framework for Socionics.
- Valuable additions Socionics can bring to how we understand personality type and inter-type relations.
- Improvements to how we practise typology in the workplace, education and online dating.



CONCURRENT SESSIONS: FRIDAY

Friday April 13, 2018 10:30 am – 12:00 pm: [Training Type in the Digital Age](#)

What has technology done for us? Does technology just get in the way of really connecting with people, or should we be making smarter use of technology to allow more connecting? What of the millennials (and technically savvy older generations)? Should we cater to their needs or should we



work with what we know delivers an excellent experience? And if we don't adapt to changing markets and audiences, where will they turn instead? **Angelina Bennett** and **Gareth English** will look at the use of technology in training Type professionals and introducing Type to newcomers. With examples from the TypePro training programme and the opportunity to try a Virtual Reality teambuilding exercise.



Friday April 13, 2018 10:30 am – 12:00 pm: [An Updated Perspective on Archetypes](#)



As Monty Python so famously said: “And now for something completely different!” Not that archetypes are actually completely different, but in this workshop **Sue Blair** takes a look at them from a different angle and presents a way of describing the roles of the archetypes, (as proposed by John Beebe), that gives clarity while retaining accurate meaning. In these times of stress and turmoil what can we learn from this model that we can use in our lives today? This is an exploratory session for those who enjoy taking on board something new and intriguing. Plenty of discussion, interaction and reflection awaits.

Friday April 13, 2018 10:30 am – 12:00 pm: [Discovering your Jungian type is a journey](#)

Ignas Jansen will discuss how Type gives students of nursing and related subjects a powerful perspective on life, often resulting in strengthening their professional leadership. Ignas will share his experience of giving these lectures in groups, the lessons learned, positive and negative, and particularly the learning that discovering type and using it is a (lifetime) journey. It is not possible to ‘fill in a digital form’ and get the result - it is growing into your best preferences (and learning that other people might have other preferences) and letting students work with and develop their type.



Friday April 13, 2018 1:00 pm – 2:30 pm: [Interaction Styles for the Digital Age](#)



Being a leader in the digital age means being connected 24/7, but paradoxically this can result in being disconnected from human relationships. The Interaction Styles framework can help people switch *off* from their devices and switch *on* to connecting with others. **Catherine Stothart** will cover the fundamentals of Berens’ Interaction Styles and this session is ideal for anyone new to this lens of type. You will assess your own style, learn how to introduce Interaction Styles to your clients, and understand the link to emotional intelligence so that you can help your clients connect with others.

Friday April 13, 2018 1:00 pm – 2:30 pm: [Access your Superpower](#)

Powerful stories are all variations on the Heroic Journey. Each personality type develops throughout the life of the individual in the same pattern as the Heroic Journey. There are helpful sidekicks, friends, and fiends along the path and the Hero or Heroine must overcome obstacles, defeat foes, and use mysterious gifts in order to achieve the goal and return home safely. Our cast of characters can be accessed through the archetypes that express the eight functions of each personality type. **Markey Read** will use Beebe’s Archetype development model to bring these 8 Archetypes to life and connect them to the unique pattern of type development for each of the 16 types.



Friday April 13, 2018 1:00 pm – 2:30 pm: [Psychological Type in 2017 – Advancements in Theory](#)

In this session, **Mina Barimany** will present an update of her doctoral research into whether empirical data supports Jung's beliefs about the nature of personality and specifically the hierarchy of the preferences. The results showed strong support for Jung's fundamental theory but also marked deviations from commonly held beliefs about the nature and structure of the preferred functions for each type. The results suggest that a wider and more nuanced perspective on the development and interplay of the function attitudes will help type practitioners apply type theory more effectively. Mina will present some novel insights arising from this research and their implications for practice.



Friday April 13, 2018 3:00 pm – 4:30 pm: [Dr. Dee and his Magic Mirror - The Alchemical Origins of the Digital Age](#)

Jung acknowledged significant precursors to his theory of psychological types, including the alchemists who identified the four primal elements (earth, air, fire, and water) that corresponded to four principal functions of consciousness. In this session **Vicky Jo Varner** and **Robin Wiley** begin with the modern miracle of the LCD (liquid crystal display) that constitutes our primary means of interacting in the digital age and traces this phenomenon backwards to the days of John Dee and his obsidian scrying mirror, which was his way of communicating with unseen figures. Along the way, we will explore the various manifestations of the four functions, along with experiential exercises to help understand them.



Friday April 13, 2018 3:00 pm – 4:30 pm: [Introverted Intuition as Memory – Redefining the most Mysterious Function](#)

Introverted Intuition (Ni) is perhaps the most difficult of Jung's Function-Attitudes to understand and define. It is a mysterious aspect of our minds, often described in mystical or highly abstract ways. After an extensive review of literature on the subject, and 40 years of experiencing Ni first hand, **Richard Owen** presents a new perspective to challenge existing views. We will explore research and concepts from academic Cognitive Psychology, giving an exciting new modern perspective on Ni as a form of memory. Expect a radical re-thinking of the Function-Attitudes in general, and their relation to the world around us.



Friday April 13, 2018 3:00 pm – 4:30 pm: [Survival Strategies - Flourishing Phenomena in the Digital Age](#)

It has never been easier to escape from reality. For Improvisers (SP) needing new sources of excitement or more innovative ways to be impressive, or Catalysts (NF) searching for a fantasy world in which they can disconnect from their ethical dilemmas, or Theorists (NT) seeking to understand everything around them, or Stabilisers (SJ) overloaded with more and more requests for help - technology



both creates the problem and provides solutions by offering us escapism in all its guises. **Shirley Blenkinsop** takes us on her personal journey of Survival Strategies in the Digital Age, giving amusing anecdotes and personal insights into just how easy it can be to lose yourself in the Internet of Things.

CONCURRENT SESSIONS: SATURDAY

Saturday April 14, 2018 10:30 am – 12:00pm 2018: [Inclusive Leadership in the Digital Age](#)

Torsten Laursen and **Aldert Oomkens** will lead this highly involving workshop to explore and learn by a deep democracy process what inclusive leadership in the digital age means and how the different personality types can contribute to navigate through the digital age. In this VUCA world, there is a great need for inclusive leadership by finding common ground, while respecting and using differences in a constructive way. We will explore possible ways of making the match between needed future leadership skills and type – in the light of the digital age.



Saturday April 14, 2018 10:30 am – 12:00pm 2018: [Best Fit in the Digital Age](#)



Achieving best fit type for clients is often long and difficult work that requires a lot from us, the type expert. A digital best fit process, using activities and game-like options, can walk our clients through a majority of the effort in a fun and easy way. And we can be more confident that our clients have identified their best fit. **Sterling Bates** will share with us tools for doing digital best fit and show the significant advantages that digital best fit, which integrates holistic work with multiple models, has over previous methods. Learn how organizations are already using this process to dramatically improve their type accuracy and adoption of type.

Saturday April 14, 2018, 10:30 am – 12:00pm 2018: [Sixteen Types of Style](#)

If you've ever had a closet filled with clothes but nothing to wear, chafed at the "uniform" your workplace required, or sensed that how you dress wasn't furthering your goals, this session is for you. Come and learn how two type experts (**Jane Kise** and Jill Chivers) and one stylist (Imogen Lamport) spent two years researching and interviewing women to create an online program to help women become their most stylish selves. See the digital tools that make scaling such a program possible, the content that attracts people, and the importance of having a platform. And, pick up a few tips on making the most of your natural approach to wardrobing (yes, men, too!).



Saturday April 14, 2018 1:00 pm – 2:00 pm: [How to be resilient in our digital age](#)



If you are interested in understanding how to use your Type, your energy and your heart intelligence to enable you to develop resilience, this is the workshop for you. **Sarah Perrott** will explore the physiology of resilience, link that with your intuitive heart intelligence and incorporate how to manage your energy with your understanding of your Type. We will use both temperament and your dominant function and explore what works best for you. The good news is that resilience can be learnt, and when you have the awareness, skills and tools that make you resilient, you will benefit in every area of your life.

Saturday April 14, 2018 1:00 pm – 2:00 pm: [8 ways we love and loathe our digital devices](#)

It doesn't matter how many times we are told how healthy it is to unplug, we are all well and truly plugged-in for most of the day. So, what's going on? **Sue Blair** believes that anything that has such universal appeal is somehow meeting our needs. This interactive presentation explores the highs and lows of this high-tech era and how this correlates with the eight Jungian functions. We will see visual presentations of each of the functions and then join our heads together to work out specifically what each Type is gaining from our incessant need to keep connected. We will also reflect on why, for each of us, this daily digital digest is driving us to distraction.



Saturday April 14, 2018 1:00 pm – 2:00 pm: [The Trickster Archetype – Friend or Fiend?](#)



Markey Read will use Beebe's Archetype development model to bring the Trickster Archetype to life and connect it to the unique pattern of type development for each of the 16 types. Superpowers are the conscious and well-developed aspects of our Personality Types; Bozopowers are the unconscious and unreliable aspects of our Personality Types. It is these unconscious aspects, especially the Trickster, that derail and confound leaders everywhere. In this interactive workshop, we will explore the Trickster Archetype in all its expressions and learn how to can defuse, unravel, and work with the mercurial energy of this dynamic Archetype.