

BAPT CONFERENCE 2010

5th – 7th MARCH 2010

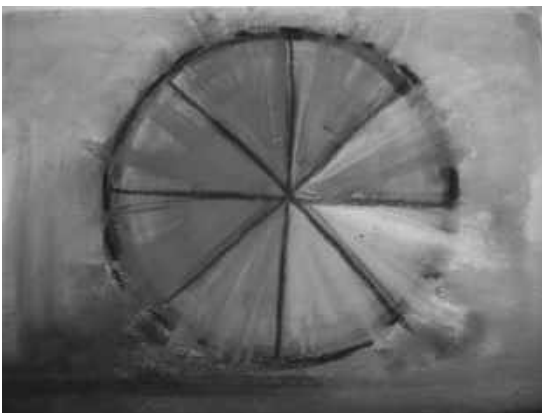
HARBEN HOUSE, MILTON KEYNES

“HEALTHY, WEALTHY & WISE? USING TYPE TO MAXIMISE POTENTIAL”

Angelina Bennet (INTJ) Conference Chair

Angelina is an occupational psychologist and frequently uses type in coaching work. The aim of coaching is to help the individual improve their performance in the workplace; however the actual work issues are often only part of the picture. People can only function well at work if they have a satisfactory balance in other areas of their life, so sometimes there is a need to look at the other aspects of their current situation.

In helping people to improve their strengths and maximise their potential at work, I have found that various aspects of an individual's life have to be brought into the frame and there needs to be a healthy balance between work, play, home, personal development, relationships, money Looking at the 'Wheel of Life' model for an individual can be useful in helping to assess where there are areas of dissatisfaction and imbalance; a fairly well balanced wheel is likely to roll along fairly smoothly, whereas a very uneven wheel can often signify that the individual is in for a bumpy ride.



‘Wheel of Life’

This got me thinking about the vast range of applications there are for type, and how type can be used for enhancement and improvement in all areas of life. Thus, the

theme for the 2010 BAPT Conference is ‘Healthy, Wealthy & Wise? – Using Type to Maximise Potential’. The different areas of life and how they relate to type will be explored using a range of methods and will present new ideas and models in a variety of ways; experiential sessions, ‘fun’ sessions, research based presentations and poster presentations, all aimed at increasing your knowledge, skills and applications of type, as well as enhancing your own personal development.

We are particularly fortunate to have two fantastic keynote speakers lined up – Susan Nash and Eve Delunas – as well as a range of excellent speakers for our concurrent sessions. Some of the details are still being worked out, but here is what the speakers have in store so far:

Friday 5th March Pre-Conference Workshop with Susan Nash

Susan Nash is the British-born owner of EM-Power, Inc., and EM-Power (UK) Limited. She is an international expert in business applications of Type and Temperament and author of seven books. Her new book *Contextual Coaching* is planned for early 2010. She has worked with type and coaching both as an executive coach and a training provider for more than 18 years, and has introduced more than 20,000 people to best-fit personality type.

Contextual Coaching: Improving Performance through Developing Strengths

Much emphasis on performance management today is about developing strengths. While many tools are available to diagnose strengths, (type being a key tool in assessing innate preferences), type models



Angelina is a Chartered Occupational Psychologist and specializes in developing individuals through personality work. She has an occupational psychology business in Buckinghamshire focussing on coaching, development and assessment. Prior to this, she spent several years working as an Assistant Clinical Psychologist with the NHS before studying for her MSc in Applied Psychology. She then worked for OPP for several years, and continues to work with them as an Associate qualifying people to become MBTI® practitioners. Her other areas of interest around people development include hypnosis, psychosynthesis and the Enneagram.

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do not always show us *how* to develop strengths. Therefore, much training and coaching activity continues to be on learning new skills or overcoming weaknesses. In this full-day session you will learn a model to help individuals develop their strengths, as well as learn new skills. We will review core coaching skills and then show how these can be integrated with the Berens' Interaction Styles model to result in a more effective and targeted coaching conversation. The session will be highly interactive, using exercises, role plays and case studies. You will walk away with a performance development methodology to harness talents, and a greater understanding of how to adapt your coaching style to the performance level of the individual that you are coaching.

Those attending the Pre-Conference Workshop will be welcome to stay on for Deborah Fleming's *Type & Wine* session on the Friday evening.

Main Conference Friday 5th (pm) - Sunday 7th March

Keynote Speaker - Susan Nash

Dating, Mating and Relating: Improving Relationships by Applying Type Knowledge

Divorce rates are rising: nearly half of all marriages end in divorce. Creating successful personal relationships represents an ongoing challenge for individuals in today's busy world. The premise of Dating, Mating and Relating is that we can use our knowledge of type and temperament as a framework for understanding how we view the world and how our partner might approach the same situations differently. By comprehending human differences, we can diagnose potential issues, depersonalize possible conflicts and identify strategies to communicate more effectively with each other. In this brief session, participants will learn about the three stages in relationships, and the characteristics of each. Participants will be introduced to the four temperaments and how each Love mate might approach relationships. Participants will learn techniques to communicate more effectively with the different temperaments in order to build a positive relationship.

Keynote Speaker – Dr Eve Delunas Survival Games Personalities Play

Dr. Eve Delunas has been using the temperament model for thirty years in her work as a psychotherapist, educator, and organizational trainer. She worked for over ten years with Dr. David Keirse, co-author of *Please Understand Me*. Her book, *Survival Games Personalities Play*, describes her unique application of the temperament model in assessing and treating dysfunctional behavior. Eve is known for her clear, dynamic and entertaining presentation style.



Harben House Garden

Each of four temperaments is prone to displaying particular defensive reactions, or "survival games," in times of extreme stress. Dr. Eve Delunas will identify the factors that are most likely to trigger survival-game-playing for each temperament and the typical behaviours associated with the games of Blackmail, Complain, Robot, and Masquerade. In addition, she will provide examples of interventions that are most likely to be effective in stopping each temperament from engaging in these self-defeating coping strategies.

Rev. Dawn Watling Type & Spirituality

In this session we shall explore what we mean by 'Spirituality' and why it is a vital part of the journey into wholeness. We shall share some of the insights into the role of Type in that journey. The members of the group will be invited to share their own experience. There will be time for discussion and, if time permits, an opportunity to experience a guided meditation. Although I come from a Christian base the approach will be relevant to those of any faith or none.

Wynn Rees Open Space – Chaos & Creativity

The purpose of this paragraph is to tell you a little of the uncertainty I feel offering a session devoted to chaos, order and the creative process. That is to say I can't say very much other than the purpose of my offer to

facilitate is to test a belief I have that at a Conference, the best outcome is conferring well about the central theme(s) of the Conference's intent. This session is inspired by Owen Harrison's *Open Space Technology*. Watch this space!

Katherine & Elizabeth Hirsh
Type, Healing & the Journey to Wholeness

Join us to share stories of healing and engage in exercises designed to help you activate both the gifts of your Dominant Function as well as those less developed and less conscious aspects of the self in service of your journey to healing and wholeness.

Angelina Bennet
The Shadows of Type

Jung believed that people could not really develop unless they had some awareness of their shadow side. He also believed that, as well as the 'dark' shadow containing our negative or undesirable characteristics, we have a 'light' shadow full of untapped potential. Certain aspects of Jung's work, and the idea of a light shadow in particular, greatly influenced the work of Roberto Assagioli, the founder of Psychosynthesis. In this session I will be introducing the idea of the light and dark shadow of type in relation to the Psychosynthesis model of the psyche and exploring some techniques that can be used to help an individual to access the potential in their light shadow.

Christine Rigden
**Who you are, What you do best,
What matters most**

Are you or your clients interested in a review of where you are in your career? Those of us in BAPT have a thorough understanding of Type, and many have found it invaluable for some sense of direction in relation to careers and occupations. But there is more to finding the right niche than just knowing one's Type. In this session, Christine plans to explore a couple of other components in a search for the right work for a given individual, and how they complement Type. It will be a workshop format, with exercises and interaction from participants.

Deborah Fleming – Chameleon Works
Type & Wine

Chameleon Works has developed the new Personality of Wine™ event which provides an opportunity to learn how to engage different MBTI® Personality Types in ideas and communications using the fun platform of wine tasting. We are experts in wine and psychology using new and exciting wines to provide a varied and sensory learning experience.

*Further details and joining instructions will be sent out to you soon, plus full information will be available on the website. Once again, Harben House have offered us good rates and we also have some incentives planned for attracting new members and Conference attendees. We hope to see you there in March 2010 – note the change in date – that's **MARCH**.*

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is Key**

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For further details
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