

What's your MBTI type holiday

by Gaelle Pirnikarch, December 20, 2018

The Myers-Briggs Type Indicator® is one of the most well-respected and commonly used personal development tools in the world. A powerful, versatile personality type assessment, it provides the foundations for a deep understanding of personal motivations and group interactions.



The MBTI® gives us the key to our own personality, a better understanding of our natural preferences, behaviors and interactions, so we can embark on a self-development journey. It also helps us view the world differently, understand other people better, and fosters therefore greater awareness and effectiveness in building relationships.

Based on Carl Jung's theory of psychological type, the MBTI® indicates your personality preferences in four dimensions:

- 1- Where you focus your attention and get your energy from – Extraversion (E) or Introversion (I)
- 2- The way you take in and process information – Sensing (S) or INTuition (N)
- 3- How you make decisions – Thinking (T) or Feeling (F)
- 4- How you deal with the world – Judging (J) or Perceiving (P)

The MBTI® looks at personality type based on these four fundamental dimensions of individual preferences, to create 16 personality type profiles. Here is a fun presentation of typical holidays reflecting the different MBTI® preferences.

Does anything feels like it would be exactly your type?

 <p>ESTP Sailing the Atlantic Relish adventure, live in the moment, deal resourcefully with physical challenges</p>	 <p>ESFP Rio Carnival Dive head-first into the spontaneity and action of carnival sun, fun and dancing</p>	 <p>ENFP Music festival Share your enthusiasms with kindred spirits, in an open, idealistic, tolerant setting</p>	 <p>ENTP Last minute booking Embrace the unexpected, find variety and stimulation, and explore new ideas</p>
 <p>ESTJ Leading a cycling tour Work out the route, establish stretching but realistic goals and set the pace</p>	 <p>ESFJ Family trip to Disneyland Plan the fun together, with laughter, warmth, and something for everyone</p>	 <p>ENFJ Volunteering holiday Be part of a team who share core values, helping to make the world a better place</p>	 <p>ENTJ Organising a group ski trip Research and select the best resort, enjoying the challenge of competition on the slopes</p>
 <p>ISTJ Well planned city break Research and organise a weekend away, with every hour carefully mapped out</p>	 <p>ISFJ Cookery course for two Perfect practical skills that will benefit everyone, and build precious memories too</p>	 <p>INFJ Creative writing retreat Find a quiet space to explore imagination and values and let inner creativity run deep</p>	 <p>INTJ A reading weekend Seize the chance for quiet, uninterrupted concentration on books, ideas and theories</p>
 <p>ISTP A long distance trail Go it alone, with no imposed timetable, relying on rugged practical skills and ingenuity</p>	 <p>ISFP Wildlife project volunteering Enjoy the freedom to work at your own pace, in touch with and caring for nature</p>	 <p>INFP Backpacking with a soulmate Seek a relaxed setting to connect, revealing and sharing meaningful things</p>	 <p>INTP Solo fly fishing Match quiet contemplation of the complexities of the universe with bursts of action</p>



Hello I'm Gaëlle and my MBTI Type is ENTP – the Enterprising Explorer type. As the founder and CEO of Cambiana I bring strategic vision and enthusiasm to the company. In the past 12 years I have been designing and leading diverse leadership programs, change and intercultural projects for over 5,000 executives worldwide. Further I'm a certified coach and having worked in several international positions for 20 years, I highly value diversity and appreciation. The MBTI brings me a wonderful framework to help my clients strive and grow in today's ever-changing workplace.



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