

YOU & YOUR FAITH

A Half-Day Workshop for Churches in the East Bristol Partnership

Saturday 4th April 2009: 09:30 - 13:30

All Saints Church Hall, Grove Road, Fishponds, Bristol, BS16 2BW

Do you find some Christian beliefs easier than others? Do you get on better with some people rather than others in your church? Do you like some types of church service, but you don't like others? Would you like to know why?

Some of our preferences can be explained by getting a better understanding and appreciation of one of God's most precious gifts to us - our own personality. One way of doing this is to use a framework that helps us to look at and describe personalities, according to people's preferences in key areas of life that are common throughout humankind.

One such framework is called the Myers Briggs Type Indicator (MBTI). It has been in use for over 30 years, is very 'down to earth' and is **not** about psychoanalysis! Most of the clergy in the C of E have done an MBTI as part of their training or personal development. MBTI sorts personalities into different types according to;

- Where people prefer to get their energy & motivation from;
- The way that people prefer to gather and use information;
- How people prefer to make decisions;
- How people prefer to do things in the world around them.

MBTI still recognises, however, that everyone is unique and accepts that people know themselves best, so it doesn't try to put them into 'pigeon holes' or boxes.

Its purpose is to help you on a journey of self discovery. It measures how you naturally **prefer** to be, albeit in an ideal world! MBTI was designed to promote constructive understanding of differences, and may help you to;

- Discover more about yourself (your personality), where you're 'coming from' and how you express yourself;
- Understand why you prefer to do certain things in certain ways;
- See how others may see you;
- Value differences between people;
- Improve understanding, communication & team work in your home, work and church life
- Reduce conflict.

MBTI does **not** measure skills or abilities. People often develop great skill at doing something they don't naturally prefer to do, and they are not necessarily able to do what they prefer to do well!

Your church, as part of the East Bristol Partnership, is joining in with a half-day workshop on Saturday the 4th of April. This will give you the chance to discover your MBTI personality type and explore some of its impact on relationships with other people of faith, religious belief and styles of worship.

**There is a charge of £25.00 per person solely to cover the cost of materials.
This may be recoverable from your church - ask your clergy for details).**

Like to book a place or find out more? Contact;

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