

## Quick Tips: Learning Styles Using Type

When delivering a program or workshop to your clients or teams, here are some tips to consider on learning styles.

|                             | Are interested in:  | Learn best by:                           | And need:  |
|-----------------------------|---|--|--|
| People who prefer <b>ST</b> | Facts about real things and useful, practical information about everyday activities | Doing, hands on activities               | Precise step-by-step instructions; logical, practical reasons for doing something                    |
| People who prefer <b>SF</b> | Useful practical information about people and a friendly environment                | Doing, hands on activities with others   | Precise step-by-step instructions; frequent, friendly interaction and approval                       |
| People who prefer <b>NF</b> | New ideas about how to understand people, symbolic and metaphorical activities      | Imagining, creating with others, writing | General direction with freedom to do it their own way; frequent positive feedback                    |
| People who prefer <b>NT</b> | Theories and global explanations about why the world works the way it does          | Categorising, analysing, applying logic  | To be given a big problem to solve, an intellectual challenge, and then to be allowed to work it out |

Source: Adapted from Adapted from: *Introduction to Myers-Briggs® Type (7th Ed.)* (2015) by Isabel Briggs Myers

We hope you find these tips useful in your learning and development initiatives. If you would like further assistance, please contact us.

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