

## HSP-Myers Briggs Teleclass

### Usually held on two consecutive Saturdays in Two Parts

In this teleclass you will learn why:

- Many HSPs may have felt they were swimming upstream from the dominate culture;
- HSPs may feel especially challenged to accomplish the goals most important to them;
- There may be more Extravert HSPs than we previously thought;
- There is no such thing as being “right in between” two preferences such as the J and P or E and I; and why this often indicates some sort of turmoil or transition between two preferences;
- Understanding your least preferred function (the inferior function) is crucial to what Carl Jung called “full type individuation;”
- The first 12 years of life may have erroneously influenced your Myers Briggs type;
- We need all 16 types and why HSPs need non-HSPs and vice versa;
- Your family of origin or school experience may have erroneously influenced your authentic self; and
- HSPs are often striving toward what Carl Jung has called “full type individuation” and your authentic self

#### **How the HSP-Myers Briggs Teleclass works:**

**I need your payment no later than one month prior to the class** in order to give us enough time for the mail exchange. The payment link and how to register is listed below. This teleclass has two parts and usually takes place on two consecutive Saturdays in Two Parts:

#### **Part One: 10:00 – 11:30 am – Mountain Standard Time**

After learning about the 8 preferences and what they measure, AND how they overlap the HSP trait, you will self identify your MBTI type. We will use the statistically valid and reliable 93 question inventory for final clarification.

Time: About 1.5 hours – with a break in between

#### **Part Two: 10:00 – 11:30 am – Mountain Standard Time**

You will learn about the Dominate, Auxiliary, Tertiary and Least Preferred functions of your type as identified in Part One. This is perhaps one of the most overlooked, yet crucial aspects to learning about type and how to apply it in your life. Time: About 1.5 hours – with a break in between

**For time zone information:** <http://www.timeanddate.com/worldclock/>

Once payment is received, the 93 question MBTI instrument, along with instructions for completing will be mailed to you. You then return it for scoring no later than **one week prior to the class start date.** **Your handout package, which will be mailed separately after the teleclass will include:**

Intro to your Type  
Type & Organizations  
At Your Best; Characteristics  
Emotional Intelligence  
Hierarchy of Functions & Their Applications  
Type & Careers  
Stress & the Inferior Function & How to return to Equilibrium  
Following Your Spiritual Path  
Communication with Other Types  
Working within a Team

**Cost: \$149** which includes the extensive handout package and the 3 – 3.5 hour group consultation time.

- **If you are International**, please add an additional \$10 for international mailing rates.
- If you have attended a HSP Gathering Retreat before you get to save an additional 10% making your total **\$134.00.**

**To Register:**

**Go to this payment link:**

**<http://www.lifeworkshelp.com/pay.htm>**

**Click on the Teleclass link, and enter the amount due  
Remember to include your name and mailing address**