



Happiness Strategies & Type Preferences

Why Being Yourself Makes a Difference!

Presented by **Greg Huszczo**

Saturday Morning, November 12, 2011

Chetcuti Community Room, 450 Poplar Avenue, Millbrae

9:00 – 9:30 Registration and light refreshments

9:30 – 12:30 “Happiness Strategies & Type Preferences”

RSVP at <http://baapt111211.eventbrite.com> (guests **and** members)

Members and 1st-time guests attend free; guest fee \$30

Happiness Strategies & Type Preferences: 50% of our happiness is dispositional – basically we are hard-wired to see the world as half empty or half full. Another 10% of our happiness is situational, and the remaining 40% is within our influence or control. One thing all Types tend to have in common is that they find happiness in making a difference. Based on 1,500 stories of people making a difference, our speaker, Greg Huszczo, will help you (and/or your clients) consciously plan to use your natural Type preferences to make a difference more frequently at work and in relationships, and enhance your personal happiness. In this session, you will:

- Examine 12 “Happiness Strategies” & assess which ones best fit your personality Type
- Reflect on times you made a difference and find out the 10 key ways people with similar preferences also made a difference by being themselves
- Create plans to increase your happiness & make a difference at work or in a relationship by consciously using the research-proven key strengths of your core personality Type



Greg Huszczo (INFP) earned his doctorate degree in Industrial/Organizational Psychology from Michigan State University. He has presented at 12 APTi conferences and has coached over 200 organizations as they wrestled with the complicated issues of the people side of change. Greg has written over 60 peer-reviewed articles and papers, and he is the author of 4 books, including *Making a Difference by Yourself: Using Personality Type to Find Your Life’s True Purpose*, *Tools for Team Leadership: Delivering the X Factor in Team eXcellence*, and *Tools for Team Excellence*.

Expanding Your Team-Building Toolkit

BAAPT Workshop, November 12th, 1:30 – 3:30

RSVP at <http://baapt111211.eventbrite.com>

Member fee \$15; guest fee \$30

Expanding Your Team-Building Toolkit: The number one use of MBTI® in organizations is to help with team-building efforts. However, as the wise old Chinese philosopher once said, “If your only tool is a hammer, then all your problems look like nails.” Come join us for a dynamic, interactive workshop designed to fill your tool bag with exercises, assessments and other devices to help you serve teams. In this session you will:

- Build a kit full of practical ways to help groups of individuals become excellent teams
- Gain innovative ideas on how to take the use of the MBTI® as a team-building and organizational change tool into the 21st century
- Learn about approaches to help teams establish goals, identify talent, clarify roles, commit to effective procedures, enhance interpersonal relations, reinforce team oriented behaviors and nurture diplomatic external relations