

Session and Presenter Details - AusAPT 2024 Conference, The Heart of Personality Type, 25-26 October, Sydney

Session	Presenter	Title & short description	Summary	Presenter bio
1	Catherine Stothart	<p>Making it Relevant: How to Make a Difference with Type</p> <p>I'll share a way of talking about type which engages people, connecting it to their lived experience and to what really matters to them. We'll apply the Berens' Interaction Styles model to manage emotions, resolve conflict, and collaborate effectively. Find out how to make a difference with type.</p>	<p>Type is a rich and deep theory and we love it. But when it is too complicated for people to relate to, it doesn't help them. We often focus on the cognitive processes, but this omits half of human experience: our emotions and their impact on our behaviour. I'll share a way of talking about type which engages people, connecting it to their lived experience and to what really matters to them. Using the Berens Interaction Styles framework, we'll discuss how it helps people solve pressing problems such as managing their emotions, resolving conflict, and collaborating effectively. We'll explore how to facilitate so that people identify practical actions they can implement immediately and make a real difference to their work or home lives. There will be interactive activities and group discussions. Participants will leave with ideas on what they can do differently to share type insights and bring the value of personality type to a wider audience.</p>	<p>Catherine Stothart is a Leadership Coach with Airbus, and a partner in Google's Mastery Faculty of virtual facilitators. She has been using personality type in her work for 30 years and brings the best thinking about communication and motivation to a wider audience in a way that makes it usable and actionable. She has written two type-related books - <i>How to Get On with Anyone</i> (2nd edition, Pearson, 2024), based on Interaction Styles and Motivation: <i>The Ultimate Guide to Leading your Team</i>, (Routledge, 2023), based on temperament.</p>
2	Daniel Liew	<p>Unlocking a Team's Potential: Leveraging Multiple Models for Organizational Transformation</p> <p>A powerful session to unlock team potential through multiple type models for organizational transformation. Explore diverse models defining team character. Learn practical strategies for impactful change. Engaging overview followed by interactive discussions and exercises for effective integration.</p>	<p>Discover the keys to unlocking your team's potential in this dynamic session on leveraging multiple models in Type for organizational transformation. We'll explore how diverse type models can define and enhance your company or team's character, fostering growth and success. Join us to learn practical strategies for harnessing the power of various frameworks to drive impactful organizational change. We'll begin with an engaging overview of the multiple models of Type Functions, Temperament, Behavioural Styles and Cognitive Processes and its relevance in understanding team dynamics. Participants will dive into interactive discussions and experiential exercises, applying multiple models to assess team potential. Through collaborative activities, attendees will gain insights into integrating these models effectively for organizational transformation.</p>	<p>An Organizational Development consultant/trainer with 30+ years' experience, renowned regionally for his expertise in type & organizational development. He's trained and consulted for organizations worldwide, delivering dynamic presentations and workshops across various countries. Daniel's mastery of the type theory, along with his collaborations with industry luminaries such as Linda Berens, Elizabeth Murphy, Sandra Hirsh, Marci Segal underscores his status as a leading authority in the field.</p>
3	Elizabeth Hallows	<p>Essentials: Six Core Pillars of Jung's Cognition Theory Building the MBTI® Code</p> <p>Learn how modern cognitive and neuroscience language may be related to what Jung was exploring and describing in the 1920s. Consider communicating foundational Jungian concepts using current scientific definitions & insights to contribute our value more widely.</p>	<p>Understanding Jung's core ideas is essential for how we teach the meaning of result Profiles in the MBTI® code. This practical session uses definitions and checklists to define and compare six core pillars of cognition theory by C.G. Jung. But to be understood by cognitive scientists and included in their research designs we need to communicate Jungian concepts alongside current scientific definitions & meanings. Learn how modern cognitive and neuroscience language may be related to what Jung was exploring and describing in 1920s. eg Do brain cells develop habitual preferences (bias) for Perceptual focus of attention and criteria for guiding Judging? Use checklists to compare & discuss theory of directional attitude orientations & if a brain may prefer using a Perceiving or a Judging cognitive function. Do brains have an overall psychic energy orientation that will influence consciousness and render a dominant cognitive function?</p>	<p>After 27 years discussing brain cognition concepts underpinning the MBTI® with clients and cognition scientists world-wide, Elizabeth Hallows has designed new teaching resources about type to contribute. Integral to explaining type theory to our modern audience and researchers, she finds that clearer scientific definitions explaining Jungian cognition theory are needed. She regards six core pillars of Jungian theory to be valuable to today's neuro-psycho-social cognition theories and essential inclusion for improving design methods for researching cognition.</p>

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4	Meredith Fuller & Brian Walsh	<p>'Heroin - Addictionary' (a Brian Walsh film) how might we relate Type & Temperament</p> <p>25 min film 'Heroin Addictionary' (Brian Walsh 2024) understanding the nature of addiction and the impact on individuals, families and communities followed by discussing and exploring the relationship between Type and Temperament and addiction.</p>	<p>Brian Walsh presents his 25-minute film encompassing his research, interview with former addict, insights from working with addicts, and recommendations. (2024) His film explores what it really means to be addicted and how it impacts people's lives. Meredith explores and discusses issues with participants who may have little, moderate or extensive awareness (both professional and personal) and how Type and Temperament can be useful. The outcome is greater understanding of the nature of addiction and its relationship to Type and Temperament</p>	<p>Meredith Fuller OAM, a psychologist & author, has been in private practice for 40 years, worked in several universities, co-conducted the early ACER accreditation programs. Recently completed her free eBook & short doccos '<i>Understanding Family Violence</i>'. Meredith has been presenting at Type Conferences since 2000. Brian Walsh is a psychologist psychotherapist & documentary film maker in his private practice since 1990. Professional Training in Somatic Psychotherapy, and prior background in Rehabilitation Services as practitioner and manager.</p>
5	Harumi Gondo	<p>Seeing the Cognitive Functions Expressed through Children</p> <p>Observing Type in children is a rich experience as children live out their types in the raw! Harumi will bring the functions to life as captured through videos and pictures of children in play.</p>	<p>Observing Type in children is a rich experience as children live out their types in the raw! Harumi will bring the functions to life as captured through videos and pictures of children in play: ESTJ running, ESFJ getting annoyed by multiple kids, ESFP protecting his space, etc.</p>	<p>Harumi Gondo is the founder of TypeLAB, a type community for mothers in Japan, and 16 TYPE, which offers Psychological Type trainings for companies and organizations. She has conducted over 10,000 hours of training on Type and has experienced the importance of growth and development in community with others. She was contacted in December 2023 to write a book for a top Japanese publishing company on the 16 types.</p>
6	Sue Blair	<p>From 16 to 64 Types - An expansion of the theory using Dario Nardi's Subtypes</p> <p>From Dario Nardi's recent work combining Type and neuroscience a range of four Subtypes have been identified for each of the 16 Types. With Dario's permission I will present these to you. You will also be able to read your own set of Subtypes for your Type and see which one resonates with you most.</p>	<p>The wonderful thing about exploring Type is that there is always something new! Dario's work is world renown and quickly becoming our best tool to dismiss the argument that there is no evidence for the theory we are so fascinated by. From his recent work a range of four Subtypes have been identified for each of the 16 Types. With Dario's permission I will present these to you and explain how they came about and what they mean. You will also have the opportunity to read your own set of Subtypes for your Type and see which one resonates with you most. Unlike one's Type, these are not static, which makes them all the more intriguing!</p>	<p>Sue Blair is an expert in the field of psychological type, a presenter and keynote speaker both in NZ and internationally, as well as 20 years' experience as an MBTI practitioner and adult educator. She is the author of <i>The Personality Puzzles Coaching Card</i> resources.</p>

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7	Mary McGuinness	<p>Learning in their own way - using type theory to maximise learning Our brains are wired differently. For learning to be effective we need to engage the mental processes (functions) that are natural for us. This session will focus on the 8 functions described by Carl Jung, exploring practical ideas on how to engage each function in learning situations with clients.</p>	<p>Carl Jung believed personality Type is innate. Recent research in neuroscience supports the idea that our brains are wired differently and a person's Type is a reflection of these differences. This session will focus on the 8 functions or mental processes that are the heart of Jung's model of Psychological Types. Our natural functions need to be engaged in the learning process for learning to be effective. In this session we will examine how to engage each of the functions to maximise learning, including activities and resources. There will be some opportunity to share and discuss. The ideas presented can be applied when teaching, facilitating, training or coaching whether the topic is personality types or biology or mathematics. The intended outcome is an increased awareness of how to adjust one's presentation to suit an individual client or a group with different learning needs.</p>	<p>Mary McGuinness has 30 years' experience teaching about Jungian Psychological Types and training professionals to use the Myers-Briggs Type Indicator and the Majors Personality Type Inventory. She is the founding Director of the Institute for Type Development and was a founding committee member of AusAPT, with two years as National President. Mary regularly presents at national and international conferences. She has published several training resources and books, including the best-seller, <i>You've Got Personality</i> and <i>My Personality</i>, for children.</p>
8	Samantha Mackay	<p>Demystifying the Enneagram The Enneagram's popularity has skyrocketed. While we've all heard of the Enneagram, it's easy to be overwhelmed by the varying descriptions of each type and the archaic language. In this session Samantha will use plain language to demystify the Enneagram and how to use it.</p>	<p>The Enneagram might be just nine types, but it is a confusing mix of archaic language and symbolic meanings. Which isn't surprising for something that's existed for thousands of years, but that doesn't help us when we want to get to grips with it today. In this session you'll:</p> <ul style="list-style-type: none"> - Discover what passions, vices, virtues, subtypes, arrows and all those shapes really mean - Gain practical language to explain each passion and virtue that doesn't oversimplify it's meaning - Release stereotypes about each of the nine types - Be introduced to how to use the Enneagram for adult development <p>This session will be a mix of lecture, small breakout groups and Q&A.</p>	<p>Samantha Mackay is a certified Enneagram Professional through CP Academy, run by Beatrice Chestnut and Uranio Paes. She started her journey into type with Personality Hacker, before diving into the Enneagram in 2021. Samantha worked as a lawyer and leadership development consultant, but burnout from both professions. She uses type to help people heal their creative spirit and create lives that energise them. Samantha is an Enneagram coach at samanthamackay.com.</p>
9	Terri Connellan	<p>Thinking Preferred Women: their Experiences of Life and Culture How does a preference for Thinking play out for women in the workplace, family, cultural contexts and self-perception? This session explores what life is like for women who prefer Thinking in a world where more women prefer Feeling. We'll explore psychological type data and survey results.</p>	<p>How does a preference for Thinking play out for women in the workplace, family dynamics, cultural contexts and in their self-perception? This session explores what life is like for women who prefer Thinking in a world where most women prefer Feeling. We'll explore the psychological type data and the results of a survey of women who express a preference for Thinking and what they say about their life and day-to-day experiences. We'll look at examples of Thinking women in recent popular culture and leadership and how these impact on how Thinking women are seen and valued, understood and misunderstood. Together, we will look at the strengths, unique gifts and challenges for Thinking preferred women and ways to balance this with Feeling for a well-rounded and wholehearted approach to life.</p>	<p>Terri Connellan is a certified life coach, writer and personality type practitioner. A teacher of literacy and language by background with a 30-year career in adult education, she works globally through her business, Quiet Writing, encouraging deeper self-understanding of body of work, creative practice and psychological type for more wholehearted lives. Terri is the author of <i>'Wholehearted: Self-leadership for women in transition'</i> and the <i>'Wholehearted Companion Workbook'</i> and is the current President of AusAPT.</p>