



*Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019*

Myers-Briggs Type Indicator

Leadership and Team Building Workshop

Dept. of Food and Nutritional Sciences

Tuskegee University





Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019



Introductions

Leadership and Team Building Workshop for FWS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FSNAB, during Site Visit on October 3, 2019

Workshop Learning Objectives

After this workshop you will be able to:

- Know and better understand your personality type
- Develop a stronger working relationship with peers



Important Attributes for Graduates



Sound Knowledge of FS&T Principles
✓ Ability to Apply that Knowledge

Critical Thinkers & Problem solvers

Confident and Personable Leaders

Good Communication Skills

Work Effectively in Teams

Adapted from Minnaar, et al. 2012



*Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019*



*Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019*



*Leadership and Team Building Workshop for MS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019*



*Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019*



Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President.
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019.

Myers-Briggs Type Indicator

Leadership and Team Building Workshop

Dept. of Food and Nutritional Sciences

Tuskegee University



Leadership and Team Building Workshop for FNS Students Presented by Dr. Robert Gravani, Past IFT President
Sponsored by the Department of Food & Nutritional Sciences Advisory Board, FNSAB, during Site Visit on October 3, 2019

Remember...

- Everyone is unique
- Main benefit of the MBTI is self improvement
- Everyone uses every preference sometime
- We can all improve communications
- Relationships will improve with practice



Mottos

Extraverts (E) "Let's talk this over."	Introverts (I) "I need to think about this."
Sensors (S) "Just the facts, please."	Intuitives (N) "I can see it all now."
Thinkers (T) "Is this logical?"	Feelers (F) "Will anyone be hurt?"
Judgers (J) "Just do something."	Perceivers (P) "Let's wait and see."



- ① Organization
- ② Strategy
- ③ Welcoming
- ④ Easy to follow
- ⑤ Plan of action
- ⑥ Early introduction
- ⑦ Adaptability to local culture
- ⑧ Flexible right to retreat

Tuskegee Group Results

4	3	1	2
ISTJ	ISFJ	INFJ	INTJ
1	1	1	2
ISTP	ISFP	INFP	INTP
1	1	2	1
ESTP	ESFP	ENFP	ENTP
3	2	1	1
ESTJ	ESFJ	ENFJ	ENTJ

Personality Types: US Distribution

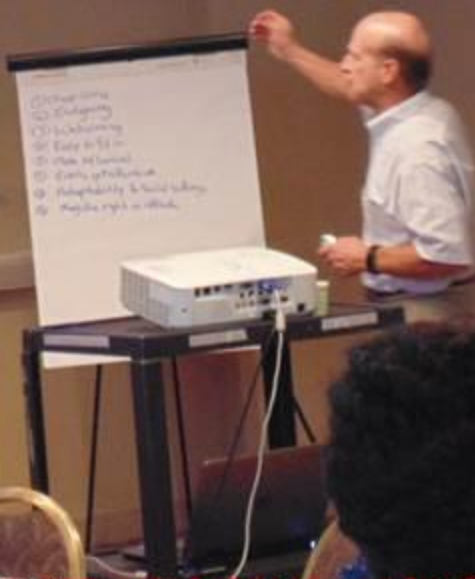
ISTJ	ISFJ	INFJ	INTJ
11-14%	9-14%	1-3%	2-4%
ISTP	ISFP	INFP	INTP
4-6%	5-9%	4-5%	3-5%
ESTP	ESFP	ENFP	ENTP
4-5%	4-9%	6-8%	2-5%
ESTJ	ESFJ	ENFJ	ENTJ
8-12%	8-13%	2-5%	2-5%

- ① Disorganized
- ② Outgoing
- ③ Outgoing
- ④ Easy to get on
- ⑤ More relational
- ⑥ More socialization
- ⑦ Adaptability to social settings
- ⑧ May be right or wrong

Discussion Topics

How can you use this information when in a leadership role?

- Understand that others may approach a project/goal differently
- Mediate between members' differences
- Planning a meeting:
 - Send out an agenda with any discussion topics
 - Facilitate making sure all participants have time to speak



20 Characteristics of Leaders

6. Fair-minded
7. Straight Forward
8. Broadminded
9. Supportive
10. Dependable



20 Characteristics of Leaders

16. Mature
17. Ambitious
18. Loyal
19. Self Controlled
20. Independent



Leader Role Models

Age: 18-30

- Family members **40%**
- Teacher or coach **26%**
- Community/Religious leader... 11%
- Business leader 7%
- Political leader 4%
- Professional athlete 3%
- Entertainer 2%
- None/Other/Not sure 7%

The 5 Practices of Exemplary Leaders

