

APTI 2023 Summer
Conference

*Personalities
in
Relationship*

Saturday, July 29, 2023
NOON – 7:30 pm ET

**Rob and Carly
Toomey**

Joyce Meng

**Vanessa and Kyle
Jankowski**

**Joel Mark Witt and
Antonia Dodge**

A Note from the President

On behalf of the APTi Board of Directors it is my pleasure to welcome you to our 2023 Summer Conference.

The mission of APTi is to advance the responsible, constructive, and ethical use of personality type through education, research, networking, and community.

This conference gives APTi the opportunity to further our mission by sharing with you productive and applicable uses of Type, as well as an opportunity to engage with each other across continents, time zones and interests.

We created this conference to show the continued relevance of Type and related models to enhance your own personal relationships or those of your clients.

On behalf of the board, I extend APTi's thanks to our speakers for sharing with us pragmatic applications for managing and improving our relationships.

As APTi is an all-volunteer run organization, I would also like to personally thank my fellow board members and all the volunteers who so generously gave of their time, expertise, and determination to put this conference together.

Carol A. Linden
APTi President

APTi Mission Statement

The Association for Psychological Type International is an independent voice dedicated to high quality and ethical standards for the use of psychological type and related models. APTi is committed to advancing the responsible, constructive, and effective use of personality type through education, research, networking, and community.



Personalities in Relationship

APTi 2023 Summer Conference

Saturday, July 29

Time	Speaker	Topic
NOON – 1:30 pm ET	Rob and Carly Toomey	<i>Romantic Challenges through the lens of Type Preferences and Temperaments</i>
Break		
2:00 pm – 3:30 pm ET	Joyce Meng	<i>Love Languages and Relationship Needs for Each Myers-Briggs™ Type: Insights from Joyce's Research</i>
Break		
4:00 pm – 5:30 pm ET	Vanessa and Kyle Jankowski	<i>Appreciating Differences in Each Other's Type: How to Avoid Growing in Your Partner's Shadow</i>
Break		
6:00 pm – 7:30 pm ET	Joel Mark Witt and Antonia Dodge	<i>Using Personality Type to Fight Fair</i>
7:30 pm – 7:40 pm ET		CLOSING

Keynote

Topic

Description

Professional Bio



Rob and Carly Toomey

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Romantic Challenges through the lens of Type Preferences and Temperaments

Rob and Carly Toomey, co-founders of TypeCoach, discuss the most common romantic relationship challenges through the lens of the Psychological Type Preferences and the 4 Temperament model. We will cover everything from the “death by a thousand cuts” that the Judger/Perceiver dimension can inflict all the way to clashing core values which can create seismic issues in our most important relationships. This will be an interactive discussion and sharing exercise peppered with laughter and hard-won secrets.

Carly Toomey is a dynamic speaker who works with leaders around the world. Since 2005, she has been a consultant for more than 20 Fortune 500 companies and has trained thousands of leaders, future leaders, sales professionals, and executives. She has also certified dozens of internal and external corporate trainers to facilitate training programs focused on the practical application of Personality Type. Carly, as the main content designer at TypeCoach, has also developed their proprietary suite of online resources. Carly has been passionate about Type since 1995, spending more than 20,000 hours studying the topic. She graduated Phi Beta Kappa from Trinity College in Hartford, CT with a B.A. in Psychology.

Rob Toomey, J.D., is President of TypeCoach and works with leaders around the world. In the past 19 years, he has delivered sessions to more than 60,000 participants, primarily within large multi-national firms. Thousands of teams and more than 200,000 individuals have benefitted from the TypeCoach online tools. Rob was previously a corporate attorney in Boston for five years. He received a B.A. from Trinity College in Hartford, CT and holds a J.D. from Boston University School of Law.



Association for Psychological Type International

Speaker



Joyce Meng

Topic

Love Languages and Relationship Needs for Each Myers-Briggs™ Type: Insights from Joyce's Research

Description

In this comprehensive program, we delve into the fascinating world of how each of the 16 Myers-Briggs Personality Types experiences love and what each needs to feel appreciated in relationships. Drawing on Joyce's survey data, we uncover common trends behind why people seek relationship coaching and how understanding the unique needs of each MBTI type can help build stronger connections.

With a focus on love languages and relationship needs, this program offers valuable insights into the intricacies of human connection. Whether you're looking to strengthen an existing relationship or to understand yourself better, this program is packed with insights and tips to help you navigate the complex world of love and relationships. So join us as we explore each MBTI type's unique perception of love and discover the keys to building rewarding, loving relationships that thrive.

Joyce Meng is a certified MBTI® Master Practitioner, Master NLP Practitioner, and Gallup® CliftonStrengths Coach, she is a passionate personality typology coach and profiler who helps individuals unlock their full potential and find true fulfillment in life.

She is the founder of TypeTalks, an online community dedicated to exploring the fascinating world of personality frameworks such as the MBTI, Jungian Theory, and the Enneagram. Her channel focuses on improving our understanding of people with different type preferences through skilled interviews and panel discussions. She has over 10,000 subscribers to her channel.

Joyce holds an M.S. in Human Resource Management from York University and is currently enrolled in a Ph.D. program in Psychology. She has studied the Interstrength™ Model with Linda V. Berens. As a coach and profiler, Joyce has helped countless individuals gain insights into their strengths, weaknesses, and unique talents, enabling them to thrive both personally and professionally.



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Speaker

Topic

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Professional Bio

**Vanessa
and Kyle
Jankowski**

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Appreciating Differences in Each Other's Type: How to Avoid Growing in Your Partner's Shadow

Under the best of circumstances, maintaining healthy and satisfying relationships is a challenge. This process is made even more difficult when neither person involved understand the typological dynamics at play. Each type has unique preferences and stressors when it comes to communication and relating. Knowledge of these triggers and priorities helps avoid issues such as projection, condemnation, and rigid misunderstandings. This presentation will provide an overview of how to examine a relationship's type dynamic to identify the potential pitfalls, connections, and opportunities for mutual inspiration within the relationship. Throughout the discussion, theory and case examples will help these concepts emerge as useful and relatable. Additionally, participants will gain a greater understanding of how type-informed relationship can further facilitate the process of life-long growth and development that C.G. Jung called individuation. Better understanding of type in relationship has the possibility to profoundly improve our lives in the countless ways we relate to others and the world.

Vanessa and Kyle Jankowski, co-founded the Center for Change & Healing, a self-development clinic that provides practical, change-oriented psychotherapy, alongside clinical consultation, professional development, and community-based programming. In January 2022, they opened a pediatric division, Birch Forest Children's Therapy Center. For more than fifteen years, they have co-created and co-lead more than ten workshops, trainings, and retreats, along with over fifteen led individually.

Kyle and Vanessa hold a master's degree in Clinical Social Work from University of Chicago, where their journey started together, and from Pacifica Graduate Institute in Depth Psychology. Outside of the office, Kyle is currently furthering his poetry career, and Vanessa is completing her PhD.



Association for Psychological Type International

Keynote

Topic

Using Personality Type to Fight Fair

Description

We all understand that squabbles are a part of any relationship. But have you ever thought of them as opportunities for growth and deeper intimacy? That's what we'll be exploring, applying the rich knowledge of personality type dynamics. We'll delve into practical strategies to help you navigate relationship disagreements more effectively. This engaging discussion will shine a light on the unique dynamics at play during conflict situations. By understanding and appreciating these intricate dynamics, you'll be able to manage conflicts better and keep the love burning strong.

Professional Bio

Joel Mark Witt and Antonia Dodge are podcasters, entrepreneurs, personal development coaches, and personality typology experts who have consulted with companies like Amazon, Zappos, Abbott, Oracle, American Express, CNN, and many others.

Through their Profiler Training Course, they have taught hundreds of students, including CEOs, coaches, investors, and law enforcement agents, to use their unique conversational typing method and to help others uncover their best-fit Myers-Briggs® personality type.

Joel and Antonia also host the popular Personality Hacker podcast. Each episode is a conversation that helps you create awareness around how you are wired, gives you permission to be who you truly are, and enables you to design a custom personal growth path for your life.

They live in Pennsylvania with their daughter Piper.

**Joel Mark Witt
Antonia Dodge**

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