Getting started with MindTime

Understand how you think - and how different perspectives can help people work better together.

What MindTime is for

MindTime helps teams recognise different thinking inclinations and work together more effectively. Your individual profile can also be a starting point for self-awareness: notice what comes naturally, what you may overlook and where another perspective might help.

Start here

I'm Alex Papworth, a Certified MindTime Partner. My link gives you your individual MindTime profile to explore how you think and how those inclinations affect your work with others.

Get your individual MindTime profile (my Certified Partner link)

Questions to sit with

01. Which parts of your profile match your experience? Which do not?
02. When you face uncertainty, do you favour lessons from the past, practical steps today or future possibilities?
03. Where does your usual way of thinking help you? When might it narrow your options?
04. Think of a recent disagreement. Could the people involved have been approaching the same question from different perspectives?
05. What could you ask someone whose thinking differs from yours - and what might you learn?

Try one small experiment

Choose a decision or team conversation this week. Deliberately invite a perspective you might normally overlook. Notice whether it changes the options or the quality of the conversation.

A profile describes thinking inclinations, not capability or competence. Use MindTime for self-awareness and team development - not recruitment, performance ratings or employment decisions. Review the provider's terms and privacy information before sharing sensitive details.

Reflection questions prepared by Alex Papworth, Certified MindTime Partner. Not official MindTime assessment guidance.