



Program Overview

This energetic and insightful program takes participants through a highly interactive, thought-provoking experience using the DISC profiles for:

- Increased self-understanding
- Increased effectiveness of communication
- Anticipating and understanding preferred communication styles
- Recognising communication styles of others
- Adapting communication styles

About DISC

DISC is based on the works of psychologist William Marston and operates on the premise that through self-understanding, individuals are able to understand and interpret the behaviours and motivations of others. The simple 10 minute questionnaire helps participants to reflect on their own behaviour and personality.

Outcomes

Participants show an immediate improvement in the way they work with others as a result of:

- Increased personal effectiveness
- Greater insights of communication styles in the workplace
- Stronger working relationships
- Increased confidence when communicating

Participant Profile

This program is perfect for individuals wanting to develop their ability to connect and communicate effectively. It can be delivered as a stand-alone program as part of an offsite, a team development day, or in conjunction with other workshops.

Building Upon Strengths Through Coaching

Coaching is a powerful methodology to increase self insight, facilitate learning, and clarify ideas in order to build relationships with others.

This program offers the supplementary option of debrief coaching to enable the participants to understand their personal communication style and objectives in attending the program.

“The way we communicate with others and with ourselves determines the quality of work.”



	Length One half-day workshop	Group size 5 - 50+	Room Optional: board, café	Includes Personal DISC survey DISC report Participant notes Pre-reading Post reading

Channel Development: Accelerating People & Performance.

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