



Grow Your People, Grow Your Business

## DISC: Behavioral Styles

By understanding behaviors, your team can unlock their abilities to **decrease conflict, increase productivity, enhance communication, and maximize their strengths**. Moving beyond the golden rule, this program elevates communication and collaboration to the platinum rule "Do unto others as they would want done unto them". DISC measures how a person responds and what behaviors they will exhibit. Grounded in DISC methodologies, participants will gain insights into individual:

- Strengths and How to Leverage Them
- Value of Different DISC Styles
- Limitations and How to Mitigate Negative Impacts on Others

*"Our team went into our DISC assessment with trepidation, having done many of them in the past with little to no success. But Amy made the experience incredibly deep and meaningful. We learned so much about one another in a way that was fun, vulnerable and valuable. I would highly recommend using her to gain insights into your team!"*

- Kelly Cochran, Director of Development, Chris Kenney Coaching

**Understanding themselves and others provides the foundation for a broad range of program themes that are customized to your organization's needs and goals.**

### EFFECTIVE COMMUNICATION

- Reveal what engages and constrains effective communication with each DISC behavioral style.
- Identify new ways of better communication
- Enhance communication by adapting to meet the needs of others.

### TEAM DYNAMICS

- Examine the unique blend of your team's DISC styles
- Deepen partnerships and collaboration
- Discover the value and strengths of each team member.
- Increase efficiency with decision making

### ENHANCED COLLABORATION

- Explore the implication of DISC styles with Change Management
- Understand the fears and emotions that behavior
- Making adaptations and commitments to be more effective.
- Recognize the energizers and stressors