

DISC Workshop



Program Title: DISC Workshop

Delivery Format: Instructor-Led Training (ILT) or Virtual Instructor-Led Training (VILT)

Program Length: 2-3hr ILT, 1-3hr VILT

Audience: AHA Employees

Program Description:

What makes you unique? What makes you click? What is your preferred communication style? Have you ever wondered how you can adapt your style to optimize your relationships with others?

Research shows the most successful people recognize the situations that will make them successful, and this makes it easy for them to find ways of achieving objectives that fit their behavioral style. Those who understand their natural behavioral preferences are far more likely to pursue the right opportunities, in the right way, at the right time, and get the results they desire. DISC provides you with a comprehensive overview of the way people think, act, and interact. In this workshop, you will explore the elements of DISC, your DISC dimensions, your behavioral strengths, and your communication preferences, while identifying other's styles and adapting yours to effectively work with theirs. The program includes an online assessment that provides you with an indepth analysis of your DISC profile.

Key Objectives:

- Recognize the significance of perception
- Identify the various elements of the DISC profile chart
- List the strengths and challenges of the DISC behavior styles
- Express your personal DISC style through visual medium
- List the communication "do's" and "don'ts" of DISC
- Utilize "Adapting Your Style" chart to customize communication style
- Demonstrate DISC communication techniques

Pre-Work: Online Assessment

Included Program Materials: DISC Styles "Cheat Sheet," "Adapting Your Style" Guide

Follow-Up: 10 monthly activities

Cost: No Cost

Contact Heart U at heartu@heart.org to complete this training or to schedule it for your team.

