



# DISCflex™

## Leadership Workshop for Teams

A one-and-done session focused on communication, collaboration, and adaptability

[binspiredleaders.com](http://binspiredleaders.com)



### Understand Others: A DISCflex™ Workshop

In this DISCflex leadership workshop for teams, participants learn to understand behavioral styles and adapt communication to work more effectively with others. Delivered as a single, focused session, teams gain practical strategies to reduce friction, improve collaboration, and strengthen day-to-day working relationships.

### Who This Workshop is For

- Leadership and intact teams
- Cross-functional teams working across styles
- Organizations seeking clearer communication and collaboration
- Teams navigating change, growth, or increased complexity

### What Teams Learn:

- Understand DISCflex™ Styles: How Dominance, Influence, Steadiness, and Compliance show up in real workplace behavior
- Adapt Communication: Practical strategies for flexing communication with different styles
- Improve Collaboration: Reduce friction, clarify expectations, and strengthen teamwork
- Apply DISCflex™ to Leadership: Adjust leadership approaches to better support and motivate others

### Why DISCflex™?

DISCflex™ offers a flexible approach to understanding behavior. Instead of placing people into rigid categories, it helps individuals recognize how communication styles shift based on context, pressure, and relationships.

In this workshop, DISCflex™ is used as a working tool — giving teams a shared language that improves communication, reduces conflict, and supports stronger collaboration.

To discuss fit, timing, and logistics, visit: [binspiredleaders.com](http://binspiredleaders.com)

B.Inspired Leadership Consultants provides on-site leadership workshops for teams and organizations.

### What Teams Leave With

- A shared language for communication
- Practical strategies for adapting behavior
- Improved collaboration and reduced misunderstandings
- Greater confidence navigating feedback and conflict

### Workshop Format

This workshop is most commonly delivered as a 3-hour session, with flexibility based on group needs.

- In person or online
- 3-hour workshop
- Retreats
- Conference general session
- Breakout session



### BETH FLYNN

B.Inspired Leadership Consultants, LLC

Beth specializes in creating interactive learning experiences that leave a lasting impact. Her ability to connect with participants and tailor sessions to meet specific organizational needs has led to rave reviews and repeated invitations from clients who value her transformative approach.