

# COMMUNICATE & CONNECT WITH DiSC®

#### WHY CAN'T THEY JUST ACT LIKE ME?!

We know that everyone has different communication and interaction styles, yet we tend to judge others through the lens of our personal preferences ... creating unnecessary conflict and tension among individuals and teams. DiSC® helps you read others' styles and find value in their way, then adjust and adapt your approach to better connect, collaborate and communicate with everyone in your world.

Engage every individual in building more effective relationships at work with DiSC®

# WORKSHOP DETAILS

#### Target audience

- Any employee
- In-tact teams
- Entire organization

#### Time investment

- Your choice!
- 2 to 4-hour workshop

#### Workshop format

- Live classroom
- Virtual classroom

#### Workshop features

- Personal & team DiSC profile reports
- Group and individual exercises
- Take-away tools and reference guides
- Access to MyEverythingDiSC website
- Designed to be practical, interactive, memorable, fun ... and a little bit BOLD!

### **LEARNING OBJECTIVES**

#### Workshop participants will ...

- Explore basic DiSC principles
- Understand the 12 DiSC styles in-depth: common traits, motivators, stressors, super-powers and blind spots
- Learn to "read" other's styles, interpret their actions with grace, and find value in their "way"
- Discover simple "do and don't" tips for interacting with each style
- Develop specific action plans enhance interactions with leaders, peers, direct reports and more
- Optional for in-tact teams: Explore group strengths and create plans to mitigate team gaps



Erika@UpstreamHR.com

www.upstreamhr.com

Erika Migliaccio in

@upstreamhr 🕤

@upstream hr



# COMMUNICATE & CONNECT WITH DiSC®

# WORKSHOP MODULES

#### **Explore DiSC fundamentals**

- Understand the DiSC basics
- Get to know the 4 DiSC styles

#### **Enhance your individual interactions**

- Explore your own DiSC style
- Reflect on how your style impacts interactions with others
- · Read others' DiSC styles
- Prepare do and don't tips for interacting with each DiSC style
- Build a personal action plan that enhances your ability to communicate, connect and influence at work ... and at home!

#### **Enhance your team interactions**

- Dig into your team's collective DiSC styles
- Identify collective team strengths
- Identify collective team gaps and brainstorm mitigation plans to limit their impact



# PARTICIPANT FEEDBACK



- Thanks for such a great session today, Erika! Really valuable and I can't wait to incorporate some of the takeaways into my leadership style.
- Thanks again for an AWESOME
   workshop today! It was such a fun time
   and gave me valuable insights into my
   team.
- Thank you so much for the time and energy during the session today! It was very interesting and insightful, learning more about not only myself but the team.
- I think gaining a better understanding of one another's styles is certainly helpful in the workplace ... and also in our personal lives.
- It was very enlightening to go through this exercise.
- The overall flow of the training and material being discussed was relevant.
- Erika kept us on-task. She is **engaging**, **clear** and **direct**.

99



Erika Migliaccio



Erika@UpstreamHR.com

