Sample Catalyst Design

1.5 hour

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| **Time** | **Dur** | **Description** | **Tech** |
| 9:30 | 5 | Welcome from Leader |  |
| 9:35 | 10 | Welcome from facilitators  Norms  Agenda overview |  |
| 9:45 | 5 | Warm up activity, such as ask question in chat | In chat |
| 9:50 | 10 | Build the Room | Show screen of BTR continua |
| 9:00 | 5 | Show Video within Catalyst The DiSC Model  <https://catalyst.everythingdisc.com/disc/basics/overview> | Present video, full screen, enlarge |
| 9:05 | 5 | Cornerstone principles   1. All DiSC styles are equally valuable, and everyone is a blend of all four styles 2. The way you work is also influenced by other factors such as life experiences, education, and maturity |  |
| 10:10 | 15 | Instruct participants to go to Catalyst > Learn about Your Style (link from home page)   * Read (2 min) * With partner in breakout room   + Share what resonated most for you (and if relevant, what didn’t) | Put Catalyst link in chat: <https://catalyst.everythingdisc.com/>  Breakout rooms (pairs of different styles)  Time: 10 minutes |
| 10:25 | 5 + | Workplace priorities  Ask: How many words are bolded?  If small group: in chat  If more than 10, run poll with options: 3, 4, 5) | Set-up and run polls  or  Read chat |
|  | Describe priority words   * Instruct participants to go to “What Drives You” page (see toward bottom of current screen under “More to Explore”) * Read the section (2-3 min - stop at Your Motivators & Stressors)   + Note which priority word resonates most with you   POLL #2: Which workplace priority resonated most with you? (if small group, ask them to put their highest priority word in chat)  Action  Enthusiasm  Collaboration  Support  Stability  Accuracy  Challenge  Results  If small group: Ask why they chose that one (round robin)  If large group: Use breakout room for partners to discuss their priority word and how it influences the way they work, if time allows. (Can be random placement) |  |
| 10:30 | 15 | Motivators and Stressors  Pick one statement from each category  PAIR BREAKOUT (8 min)   * Both share their top1-2 motivator * Both share their top 1-2 stressor   Open debrief (5 min) | Set up B/O pairs  Time: 8 minutes |
| 10:45 | 35 | DITL: Breakout by style   * 5 min instructions * 10-minute breakout * 5 min each (20 min) | Breakout by style |
| 10:50 | 10 | Take-aways & final thoughts/next steps |  |
| 11:00 |  | Close |  |