Sample Catalyst Design

1.5 hour

|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **Dur** | **Description** | **Tech** |
| 9:30 | 5 | Welcome from Leader |  |
| 9:35 | 10 | Welcome from facilitators NormsAgenda 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 principles1. 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 prioritiesAsk: How many words are bolded?If small group: in chatIf more than 10, run poll with options: 3, 4, 5) | Set-up and run pollsorRead 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)ActionEnthusiasmCollaborationSupportStabilityAccuracyChallengeResultsIf 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 StressorsPick one statement from each categoryPAIR BREAKOUT (8 min)* Both share their top1-2 motivator
* Both share their top 1-2 stressor

Open debrief (5 min) | Set up B/O pairsTime: 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 |  |