



Program Agenda for DiSC Training

Introduction (15 minutes)

- Objectives
- Expectations for the training
- Program overview

DiSC Session (45 minutes)

This activity involves presenting the different DiSC styles (Dominance, Influence, Conscientiousness, Steadiness) to the audience and showing some of the classic patterns. Individual and team reports will be given to the audience and then an activity of team application of DiSC scores will be done.

Facilitated Group Discussion and Practical Application (45 minutes)

This activity is a discussion that will further address DiSC and its use in the workplace. The discussion will involve ways to create strategies and practically apply the DiSC competencies when looking at communication styles between employees and teams. The DiSC discussion will also involve how to better manage work relationships by creating short exercises that role-play the strategies developed based on DiSC.

Action Planning Session (30 minutes)

This activity involves developing a plan to address the challenges in the workplace. As a facilitator, you will decide on a workplace issue that can be alleviated with the DiSC styles. Each audience member will develop a list of strategies that can be shared with the group. As the facilitator, you will write down each audience member's strategy to help formulate a solidified plan to deal with that workplace issue.

Plank Session (1 hour and 30 minutes)

This activity involves the practical application of the DiSC styles followed by a facilitated discussion surrounding the new behaviors you can implement within your team. An activity debrief will ensure that the activity can be implemented and questions can be addressed.

Program Close (15 minutes)

- Program debrief
- Review new strategies to increase teamwork, trust, and communication