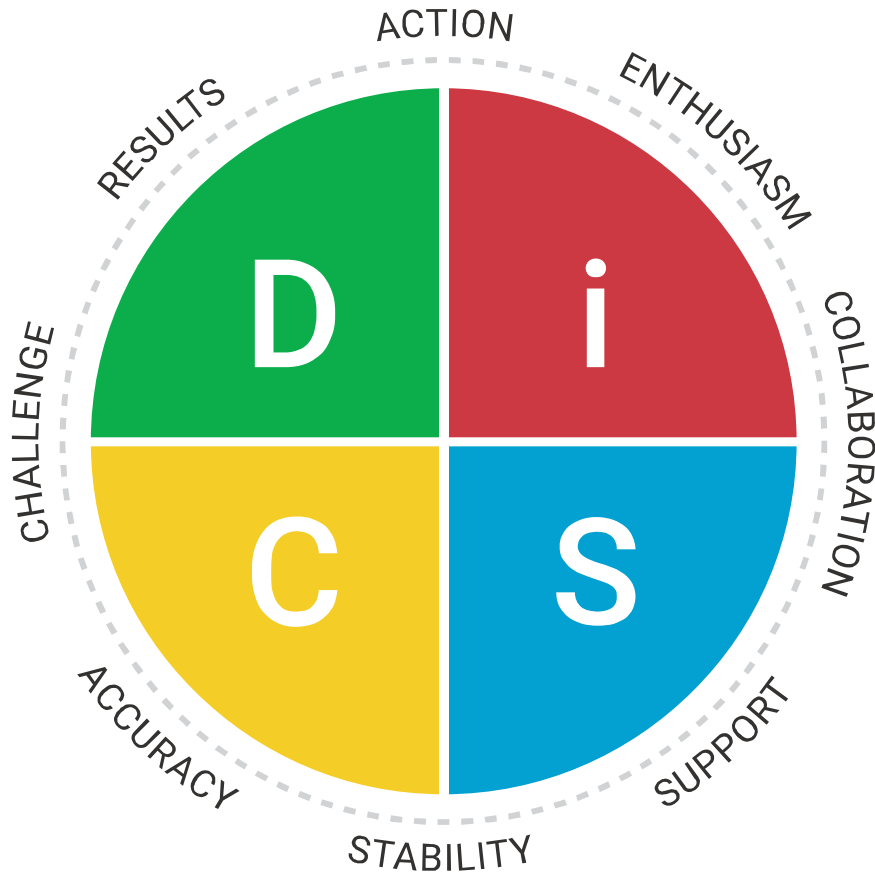


DiSC® Styles in the Workplace

Take notes on what you learn from the video.



Your Style at Work

Consider the questions below. Use the space for your style to make notes.

- What are your greatest contributions to your workplace?
- How do your motivators impact how you work?
- What causes you the greatest anxiety?
- How are you misunderstood by others?
- How can other styles relate better to you?



THINGS TO REMEMBER:

Understanding the DiSC® Styles

DURING THE FIRST VIDEO

Use the space below to identify which **DiSC® style** corresponds to each team member.



Tom
DiSC Style:



Sally
DiSC Style:



Stephanie
DiSC Style:



Dante
DiSC Style:

DURING THE SECOND VIDEO

Use the space below to identify the **stressor(s)** for each team member.


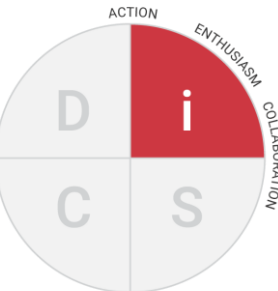
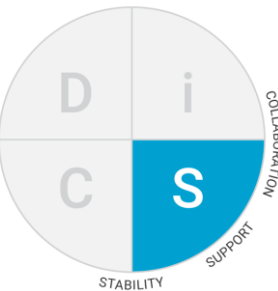
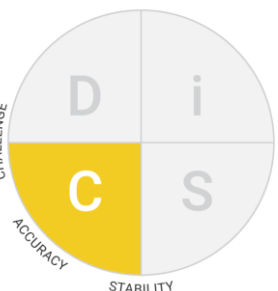
Tom	Sally	Stephanie	Dante

Working with the DiSC® Styles

As you read about the DiSC® style of a person you want to work more effectively with, write down general characteristics of the DiSC style that are difficult for you to deal with and characteristics that you appreciate.

WHAT'S DIFFICULT FOR ME:

WHAT WORKS FOR ME:

Next Steps – Action Plan

1. Study the materials in your profile that you haven't had a chance to read:
 - a. The Different Styles and You (Pages 8 – 11)
 - b. Connecting with the Different Styles (Pages 12 – 17)
2. Share what you've learned with a colleague or friend
3. Complete the Action Table below
 - a. Style Strengths – List three characteristics of my style that are more natural for me that I can leverage and further strengthen in my work and interactions with others
 - b. Style Challenges – List three characteristics of my style that are stressors or behaviors that are more difficult for me as areas for awareness and development
4. Review Pathways and Pitfalls handout and consider how types impacts other professional or personal tasks or situations

Style Strengths	Style Challenges