



TEAM BUILDING WITH EMOTIONAL INTELLIGENCE

Communicate more effectively using D.I.S.C to understand your personality traits and their impact on those around you

COURSE OVERVIEW

The purpose of this workshop is to provide participants with an understanding of their contribution to the team environment. It is only when participants begin to understand the strength of their contribution and the value of other team member contributions that the process of working together becomes more effective.

WHAT IS DISC?

The DISC Behavioural Model is used as a way of understanding the different personality traits which coexist in a team environment and identify ways to communicate more effectively and reduce conflict.

LEARNING OUTCOMES

- Learn about the DISC Behavioural Model and how it is used to build teams
- Understand your personality traits and their impact on the workplace
- Understand what your key drivers are, what motivates and demotivates you
- Learn about the 'fears' of each DISC style, the assumptions which underpin them, when they are likely to be activated and how to manage them
- Develop people reading skills to identify the behavioural style of others
- Learn strategies for increasing effectiveness when relating to other styles
- Workshop a set of Values based on trust behaviours which the team commits to when working with each other