

## Course Objectives & Outline

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### Understanding Yourself and Others- Individual Contributor

The DiSC Workplace Assessments helps participants build self-awareness to understand their personal work style and understand others' personality and style. The profile is then used to facilitate training to help participants apply their self-awareness and awareness of others to build better working relationships and outcomes.

#### Course Objectives:

1. Build Self-Awareness
  - Understand the DiSC® Model of personality styles.
  - Understand his/her DiSC® Style including their personal priorities.
  - Understand how his/her DiSC® Style impacts his/her preferences/tendencies, time-management and decision-making skills and how these characteristics impact those he/she works with.
2. Understand & Adapt to Others
  - Apply people reading techniques through the DiSC® Model.
  - Use the awareness of different peoples' style to respond appropriately through behaviors to be a more effective team member and eventual leader.
  - Understand techniques for managing upwards.
  - Create an action plan for working with peers and/or manager for more effective business results.