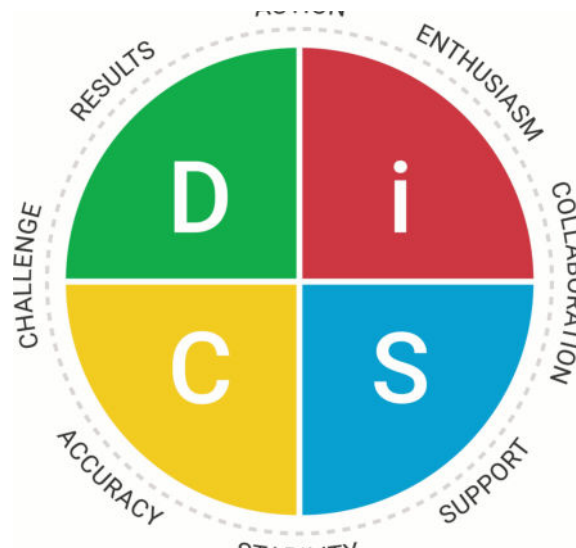




## DiSC ® TEAM STRENGTH BUILDING

### COURSE OVERVIEW

Created by Dave Jones from Ottawa, this course uses the DiSC® Profile to enhance team dynamics by exploring individual personality traits. Participants review their personality reports to understand strengths, limitations, and interactions with others. Through team-building activities, they gain insights into communication styles and problem-solving strategies, aiming to improve communication, manage conflicts, and foster cooperation.



### LEARNING OBJECTIVES

For nearly 30 years, the DiSC® Profile Test has unlocked the door to productive communication and interpersonal relationships for over 40 million people. Our facilitator led DiSC® course helps individuals, leaders and teams to:

- Discover behavioural strengths - areas for augmenting, blending, capitalizing
- Identify and utilize the strengths of others
- Deal with conflict effectively by learning adaptive behaviours
- Enhance teamwork and minimize team conflict
- Develop strategies to meet diverse needs of others
- Improve communication skills by determining communication styles
- Reduce conflict and stress in interpersonal relationships
- Manage interpersonal communication better
- Motivate self and others



## DiSC ® TEAM STRENGTH BUILDING

### COURSE DESCRIPTION

The emphasis of this highly interactive course is to build stronger teams through an appreciation of the strength each person's personality brings to the team. Every personality type is validated for the value they can bring to the work. Participants learn that their personality can evolve throughout their life and that it can be different in work, family and friendship situations.

During the session participants reflect on their comprehensive personality report. Specifically they explore their strengths, limitations and preferences in a variety of work situations. Further, participants reflect on how their personality typically interacts with other personality styles with a view to identifying potential areas of conflict and alignment.



This workshop also includes a number of experiential team building activities that allow participants to explore their personalities "in action". These activities deepen team connections and heighten awareness of individual communication and problem solving preferences. Participants are left with strategies that will help them to communicate more effectively with all of the different personality styles with a view to increasing influencing skills, maximizing cooperation and minimizing unproductive conflict.



## DESCRIPTION - CONTINUED

This program is an essential component of any managers' toolkit. If you don't know the personality types of your team members you are needlessly limiting your ability to lead them. If your team is in conflict - this program will help you to turn things around right away. The impact of the program is immediate and long lasting.

The foundation of personal and professional success lies in understanding oneself, understanding others, and realizing the impact of personal behaviour on others. The DiSC® Profile is a multi-purpose learning instrument that helps individuals assess to what degree they utilize each dimension of behaviour in a situation:

- Dominance
- Influence
- Steadiness
- Conscientiousness

## COURSE LENGTH

**DiSC® Team Strength Building** Program is a 1-Day Course.

