Know Your Strengths

Duration 3 hours – Includes 15 min break

Content Overview

ESS want to (and should) know their strengths and in today's workplaces, the greatest strengths staff can have is Emotional Intelligence (EQ).

A key component of EQ is self-awareness and with the help of the world's most used psychometric assessment tool DISC, this session leaves attendees feeling confident and in control of their strengths.

DISC identifies and explains our main behavioural style, but that's just the start!

DISC helps us to understand what motivates and challenges us at work, the role we play in a team and gives us practical steps to help us self-manage stress. This session is a deep dive into self-awareness and attendees will leave with a clearer understanding of self and how to improve their communication when interacting with those with a different style.

- **Emotional Intelligence (EQ)** What it is and why it is the #1 predictor of job satisfaction
- **DISC Theory and Model** How it links to EQ and its value for staff both in and out of work
- **Confirmation** of how adjusting our style can improve job satisfaction and lower stress
- ***Interpretation** of Individual & Team Assessments (Optional)

Outcomes

- **Clarity** Why self-awareness leads to an increase in productivity and positivity
- **Confidence** To adjust behaviour to improve communication and teamwork
- **Actions** For completion post session to further develop the self-awareness of attendees

Inclusions

- **Key Slides and Handouts** for reference and use post session
- ***Printed and PDF DISC ADVANCED® Reports*** for individuals and the School (Optional)

Our Requirements

✓ **Venue** with resources for a PowerPoint presentation
✓ **Refreshments** are at your discretion and cost

Contact us for a Quote

admin@justforschools.com.au

You have a choice of an informal DISC assessment questionnaire or our comprehensive and online DISC ADVANCED® reporting process.
Cost will be reflective of your choice and number of attendees.

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