SINGLE SESSION

Human Behaviours @ Work

Self-awareness in action with DISC

DURATION 3 hours (Includes a 15 min break)

MAXIMUM 30 attendees*

Content Overview

ESS want to (and should) know their natural strengths, and in today's workplaces the greatest strength staff can have is Emotional Intelligence (EQ). A key component of EQ is self-awareness and, with the help of DISC, the world's most used psychometric assessment tool, this session leaves attendees feeling confident and in control of their behavioural style strengths.

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

DISC helps us understand what motivates and challenges us at work, the role we play in a team, and gives us practical steps to self-manage stress. This session is delivered by an Accredited DISC Facilitator, and attendees will leave with a clearer understanding of the DISC model, their preferred behavioural style and steps to improve communication and teamwork with different styles.

- **Emotional Intelligence (EQ)** What it is and why it is the #1 predictor of job satisfaction
- **DISC Theory and Model** How it links to Emotional Intelligence (EQ) and its value in and out of work
- **DISC Self-Assessment Reviews** Can be informal or formal assessments (refer below) **
- **Confirmation** of how adjusting our style can improve job satisfaction and lower stress

Outcomes

Clarity	Confidence	Actions
How awareness of behavioural style differences can lower stress an increase productivity	To adjust behaviour to improve communication and teamwork	For completion post session to embed the DISC learning into the workplace

Our Requirements

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

Contact Us for a Quote admin@justforschools.com.au | 0422 476 070

**If you have fewer than 10 or more than 30 to attend, please let us know.*

***You have a choice of an informal DISC assessment or our comprehensive online DISC ADVANCED® reporting process. Final cost will reflect your assessment choice and total number of attendees.*