

Powerful Team Building with DiSC Personality Profiles



Course outline

Provided by: Performance Management Consultants – PMC Training

Reference no. 229-26

Duration 0.50 day(s) | 3:00 hours ¹

Website link <https://pmctraining.com/training/powerful-team-building-with-disc-personality-profiles/>

DISC Personality Style Training to Enhance Team Work!

This highly interactive workshop focuses on building stronger teams by appreciating the unique strengths each personality brings. Participants will gain a deep understanding of the DISC model, explore individual styles, and develop the skills to read and adapt to different personality types.

Throughout the workshop, participants will reflect on their detailed personality reports, examining their strengths, areas for development, and preferences in various work situations. They will also consider how their personality style typically interacts with others.

The workshop includes team-building activities and discussions, allowing participants to experience their personalities "in action." These exercises foster stronger team connections and enhance awareness of individual communication and problem-solving styles.

Origins of DISC

Both DISC Personality Profiles and Myers Briggs (MBTI) are based on the work of Carl Jung, the psychiatrist known for founding analytical psychology and for developing key personality concepts such as introversion and extroversion.

DISC and Myers Briggs (MBTI) both measure our "hard wired" behavioural styles – as in, how we behave naturally in our "comfort zone".

Learning outcomes

At the end of this workshop, you will be able to:

- Discover each DISC personality style
- Identify and use the strengths of others
- Deal with differences effectively by learning adaptive behaviours
- Enhance teamwork, reduce team conflict and minimize misunderstandings
- Improve communication skills by determining communication styles

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- Motivate self and others

Workshop topics

- What is DISC?
- Learn about each DISC style
- Understand the different behavioural and communication styles related to DISC
- Understand your own DISC report and how it relates to your colleagues' DISC styles
- Understand Your team's profile and how it reflects your work culture
- Assess your challenges and leverage your strengths and opportunities
- Activities to reinforce learning

Prerequisites

There are no prerequisites for this course.

Who should attend this course?

This course is for teams aiming to boost productivity, improve communication, and strengthen cohesion.

It's also beneficial for teams seeking to understand what behavioural elements or attributes may be missing, especially in view of adding a new team member.