



## Extended DISC®: Understanding Behavioural Styles

Extended DISC®: Understanding Behavioural Styles is a practical workshop that helps individuals and teams improve communication, collaboration, and performance through greater self-awareness. Using the Extended DISC® behavioural assessment, participants will gain insights into their own style, recognise the styles of others, and learn how to adapt their approach for more effective interactions. This workshop provides tools to reduce misunderstandings, build stronger relationships, and enhance leadership impact—making it invaluable for anyone seeking to work smarter with colleagues, clients, and teams.

### Learning Outcomes

- Increased self-awareness: Understand your own strengths, weaknesses, and behavioral tendencies.
- Improved communication: Learn to identify and adapt your communication style to better connect with others.
- Stress management: Recognize your stress triggers and develop strategies to manage behavior under pressure.
- Personal and professional growth: Develop confidence, motivation, and skills for personal development.
- Enhanced teamwork: Create more cohesive teams by understanding and leveraging different behavioral styles.
- Leadership development: Improve leadership skills by understanding team members' motivations and communication styles.
- Effective management: Make better management decisions and learn how to motivate and develop employees.
- Conflict resolution: Gain a framework for identifying the sources of conflict and resolving them with greater empathy and understanding



# COMMUNICA CONSULTING

DEVELOPING CAPABILITY. DELIVERING IMPACT

Choose to focus on:

- **Extended DISC for teams**
  - Ideal for teambuilding, understanding team dynamics and the DISC make-up of your team
- **Extended DISC for leaders**
  - Ideal for a group of leaders/managers to understand their strengths and development areas in leadership skills. Focus on understanding different styles and how to get the best out of your teams.
- **Extended DISC for individuals**
  - Ideal for diverse groups of employees to understand themselves better and how to work with people of different styles

Delivery	Face to face with facilitator or Online via Zoom
Duration	One day or half day available
Cost	Full day \$3300 Half day \$2000
Location	Venue to be provided by client
Maximum participants	25
Tailoring available	Yes

## Typical schedule

9 - 10:30	Learn about the 4 DISC styles
10:30 - 10:45	Morning tea break



# COMMUNICA CONSULTING

DEVELOPING CAPABILITY. DELIVERING IMPACT

10:45 - 12:15	Strategies for developing assertiveness skills
12:15 - 1:15	Lunch break
1:15 - 2:30	Learning how to work with other styles
2:45 - 3:00	Afternoon break
3:00 - 4:00	Real-world application of skills learned

\*Refreshments are not provided by Communicata Consulting but we strongly recommend scheduling breaks and providing refreshments during training workshops.