



Workshop

Extended DISC®: Understanding Behavioural Styles

Overview

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 Objectives

- 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: Recognise 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.

Delivery

Face to face with facilitator or Online via Zoom

Duration

1 day or half day

Cost

1 day \$3300 plus cost of DISC report and workshop materials
Half day \$2000 plus cost of DISC report and workshop materials

Location

Venue to be provided by client

Maximum participants

25

