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# DISC Workshop: Empowering Individuals and Teams

## WHAT IS DISC?

**DISC is a measure of a person's behaviors.**

The DISC assessment through TTI measures how a person does what they do by looking at four factors: Dominance, Influence, Steadiness, and Compliance.

DISC creates a shared language around observable behavior, which in turn improves communication, engagement, and self-development.

**In this workshop, you will learn:**



*How you respond to problems and challenges.*



*How you influence others to your point of view.*



*How you respond to the pace of the environment.*



*How you respond to rules and procedures set by others.*

**Who should attend? Anyone who would like to:**

- Minimize unnecessary conflict
- Increase productivity and engagement
- Enhance communication
- Maximize strengths
- Develop self-awareness



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