

Breakout #1 Agenda

Have everyone with D—I—S—C (over 50%) stand up.

SLIDE #1

Introduce yourself in terms of on your instruments:

DISC:

- D—How do you typically approach challenges in your role? Are you proactive (you love a challenge), reactive (only deal with problems when they become so big you can't ignore), or circumstantial (it depends on the situation)?
- I—How do you connect with others? Are you naturally drawn to meeting people you don't know, or do you engage more selectively?
- S—Do you prefer predictable environments, or do you thrive in dynamic situations? How do you balance these tendencies?
- C—How do you handle rules and details in your work? Do you rely on structure, or do you prefer flexibility?
- How much are you adapting?
 - Are you adapting too much to meet others' expectations?
 - How this might impact your energy, motivation, and long-term well-being.

SLIDE #2

Motivators:

- Read the definitions of your top five motivators out loud to the group, expressing whether you think they do or do not describe what drives you.
- Give examples of how three of the five were demonstrated in your life recently.

SLIDE #3

EQ:

- Share with your group whether your culture of origin encouraged or discouraged EQ.
- Give an example of someone that you think has EQ.
- Express one area that you think you would like to increase your EQ. If not, why not.

SLIDE #4

Conflict Profile:

- Which one or two ways of dealing with conflict are you most comfortable with?
 - Winning, Resolving, Compromising, Avoiding and Yielding
- Where did you learn to deal with conflict the way you do?
- Is it healthy or not?