



My Style

1. How aligned are you with your style?

Discuss with your table partner. If you have statements listed that were unexpected for your style, tell your partner why you answered the way you did. Give examples if possible.

2. How do your priorities affect your relationships?

Think of a time when you were in a situation that was outside of your comfort zone behaviorally. Choose My Interaction, My Environment, or My Communication based on the situation. Select one of the greyed out priorities that had an impact on the way you felt in the situation and take a look at the effort meter. Discuss with your partner.

3. Listen to your style podcast.

Most podcasts are around an hour long. Plan to come back to this later and spend time with it.

My Comparisons

1. Invite everyone from your class.

Once they've accepted your invite, they will show up in your list of comparisons.

2. Review a tip category

Choose a new partner (not the one you had for the comparison report). Select that person under "My Comparisons." Choose one of the tip categories and discuss together.

3. Create a group map for your class

Select "Build a Group Map" and add everyone from your class once they have accepted your invite to compare. You can edit this later to add additional members if needed.

Learn More About DiSC

(You will find the "Learn about DiSC" link in the footer towards the bottom of the page)

1. **Timeline:** Who first proposed the DiSC model of behavior? When?

2. **DiSC Theory:** Explain the concept of "Stretch."

3. **DiSC Research:** Why are Validity and Reliability important?