

## ADAPTING TO DISC STYLES

# AND POLAR BEARS AND PENGUINS

Take a few minutes to explore each of the following questions:

1. My behavioural style is?

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2. One person I currently have a professional relationship with is?

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3. Based on my observation, this person's behavioural style is?

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4. Some sources of stress in this relationship are?

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5. I'd like to see my relationship improve in these specific ways?

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6. What immediate adjustments to my style will demonstrate adaptability?

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7. What strategies will I pursue to strengthen this relationship?

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Adapting our style is not always easy; it takes time, practice and patience. For a full DISC profile report for you and your team please visit [www.pbpbooks.com](http://www.pbpbooks.com).

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After they take the assessment ask the following questions in a relaxed team environment. We encourage you to take this as a team building opportunity outside of the workplace environment:

**Allow the team to one-by-one respond to the below questions:**

1. When I'm working on a project or plan I prefer...

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2. I am motivated when...

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3. When working in a team environment I...

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4. When I am emotionally charged / or someone on my team gets emotionally charged I...

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5. I get frustrated most when...

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6. What I most appreciate from others on my team is...

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7. When problem solving I need most...

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