

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?

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

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

4. Some sources of stress in this relationship are?

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

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

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

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.

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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...

2. I am motivated when...

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

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

5. I get frustrated most when...

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

7. When problem solving I need most...
