

Break Activity #1

How aligned are you with your style?

In MyEverythingDiSC, click on the My Style button at the top of the page and then the “How aligned are you with your DiSC style?” button on the left lower side (if you are on a computer screen).

Think about why you answered these statements the way you did. (Note, some people are completely aligned and have no unexpected items here). When you return to the session be prepared to tell a discussion partner why you answered the way you did. Give examples if possible.

Break Activity #2

How do your priorities affect your relationships?

Once again, in MyEverythingDiSC, click on the My Style button. Think about a time, recently, when you were in a situation that was outside your comfort zone behaviorally. Choose one of the buttons on the left - My Interaction, My Environment, or My Communication based on the situation. Select one of the priorities around the DiSC map that affected that situation (probably one of the greyed-out priorities). Check the effort meter that results and be prepared to discuss the situation with a partner.

Break Activity #3

What's my style quiz

Your PDF packet included this quiz which came from the Foundations Quiz that was designed for pre-work. You can download it at the end of Session 3 if you don't have it. Complete the quiz and be prepared to discuss your answers when you return to Session 4.

Follow-up Activities

Using MyEverythingDiSC, invite others in the class to a 1:1. When invites have been accepted, download the Comparison Report and set up a time to review it with your partner.

In MyEverythingDiSC, spend some time with the My Style podcast. Take notes.

Sign up for the email message campaign.