

# DISC PERSONALITY PROFILE TOOL



*"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers*

Are you looking to enhance your **self-awareness**, improve your **relationships** at work, or take your **team's performance** to the next level? DISC personality profiling could be the game-changer you've been searching for. DISC isn't just another personality test - it's a practical tool that **empowers both individuals and organisations** to unlock new levels of effectiveness.

## Benefits for individuals

- ✓ **Increase self-Awareness** - gain a clearer understanding of your communication style, strengths, and areas for development.
- ✓ **Enhance relationships** - learn how to adapt your approach to connect better with colleagues, clients, and managers.
- ✓ **Boost confidence** - discover strategies tailored to your unique profile, helping you to handle challenges and embrace opportunities.
- ✓ **Personalised coaching** - 1-2-1 coaching using DISC enables you to set meaningful goals and achieve them faster, with insights specific to your personality.

## Benefits for organisations

- ✓ **Build stronger teams** - help individuals appreciate different working styles, leading to better collaboration and fewer misunderstandings.
- ✓ **Develop effective leaders** - equip managers with insights to motivate, manage, and lead their teams more effectively.
- ✓ **Enhance communication** - create a shared language that demystifies team dynamics and reduces communication breakdowns.
- ✓ **Increase engagement and productivity** - foster an environment where everyone feels understood and valued - critical for higher morale and performance.



## DISC Personality Profiling

The acronym **DISC** stands for the 4 personality styles:

### **Dominance**

Typically outgoing and task-oriented / management style - *do it.*

### **Influence**

Typically outgoing and people-oriented / management style - *you can do it.*

### **Steadiness**

Typically reserved and people-oriented / management style - *we can do it.*

### **Compliance**

Typically reserved and task-oriented / management style - *let's do it right.*

## DISC Report

Take a deep dive into your personality style and preferences, understand other personality styles including motivators, fears and communication tips. Includes a personal development action plan.

Understanding behavioural styles helps you become a better communicator, minimise or prevent conflicts, appreciate the differences in others and positively influence those around you.

✨ **Whether you're an individual keen to invest in your own growth, or an organisation striving to cultivate top-performing teams, DISC profiling offers actionable insights that deliver real impact.** ✨

📞 Get in touch today for an informal discovery session

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