

DiSC Workshop

Transformative DiSC Team Building Activities

DiSC is an acronym that stands for Dominance, Influence, Steadiness, and Conscientiousness. It is a widely-used psychometric tool categorizing human behavior. Each letter signifies distinct traits, aiding individuals in understanding communication styles and interactions.

The DiSC Workshop is a powerful professional development experience designed to enhance individual self-awareness, improve team communication, and reduce interpersonal conflict. Built around the widely used DiSC behavioral model (Dominance, Influence, Steadiness, and Conscientiousness), this highly interactive training session gives participants the tools to better understand themselves and others, so they can work more effectively together.

Program Agenda

Participants begin by completing the DiSC Profile, a proven psychometric tool that offers a nonjudgmental framework for exploring behavioral tendencies. In the workshop, they'll learn how their styles influence communication, decision-making, and collaboration—and how to recognize and adapt to the styles of others.

Led by a seasoned professional trainer, this DiSC team building experience helps uncover existing strengths and points of tension within your group. Through dynamic discussion, breakout exercises, and guided activities, your team will uncover strategies for improving communication, avoiding misalignment, and increasing performance across teams and departments.

The DiSC Workshop is ideal for leadership teams, departments undergoing change, or any group seeking to deepen their interpersonal understanding and collaborative potential.

Program Outcomes & Takeaways

- Understand how different personality styles communicate and respond to stress
- Learn to adapt communication for more productive conversations
- Build empathy and appreciation for team diversity
- Improve individual and group collaboration
- Reduce friction and increase psychological safety

Program Customization

This program can be tailored to your group and goals with:

- Integration with existing team assessments or goals
- Private consultations or 1:1 DiSC coaching add-ons
- Focused modules for leadership, sales, or customer service

Program Details

Group Size:

Any

Team Size:

N/A

Program Length:

3 - 4 Hours

Space Requirement

Varies based on group size; classroom-style or round tables recommended

Setting:

Indoor

Physicality:

Select

What's Included?

Professional DiSC-certified trainer
Interactive DiSC assessment and profile materials
Personalized workshop activities
Printed or digital learning resources

Ready to unlock the full potential of your team? Book your DiSC Workshop today and empower your people with insights that last long after the session ends.

To ensure a great experience, aspects of this training program may be modified to benefit your group size, group makeup, and time available.

Clients Talk About this Program

Our DiSC workshop was a great and extremely organized event! Our facilitator Stephanie was perfect for us. Very outgoing! We learned more about each other's working styles to better communicate and connect. It was fun finding out the "do" and the "don't" and having fun with it. Everyone had a great time - I recommend DiSC for every team!!

Laura - [Invitae](#)

For photos and video, please visit our website at <https://bestcorporateevents.com/programs/disc-workshop>

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