

## Understanding Your Communication Style: Having a Positive Impact on Others

This interactive workshop provides an opportunity to identify your primary communication style using a DISC assessment. You will gain a better understanding of **how your primary communication style impacts your relationships**, your ability to **influence** others, your ability to **interact effectively in tough situations** and, most importantly, your ability to **adapt to the styles of others** to be most successful.

- Specifically, you will:
  - Gain an understanding of all four DISC communication styles.
  - Identify the strengths of your communication style and how to leverage those in your current role.
  - Identify the elements of your communication style that could create barriers to success and how to overcome/adjust for those.
  - Discuss and create an action plan for ways in which you can adapt your approach to be more effective in a specific situation or with specific individuals that may be challenging.