

Building Better Work Teams

This is intended as a guide to help you make sense of some of the concepts we will be discussing this week. Do not fall into the judgement trap – there is no right or wrong here. We are just tapping into our preferences, looking for strengths that we bring and testing some ways that we might improve.

Week 1. Individual Strengths & Weaknesses	
Based on your lived experience what are 3-5 traits that you would most value in a work environment?	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
Identify 2 behaviors/tendencies you see in your profile that <u>are helpful</u> that you want to amplify in your role (hint: look to the motivators p.6)	
Based on your understanding of the DiSC Workplace profile, write the names of 3-5 key employees, family members, other business partners or managers that you frequently interact with. Next to their names – write either an “E” for those that are easy to work with and a “D” for those that are difficult/challenging to work with.	<ol style="list-style-type: none"> 1. 2. 3. 4.
Next to their names, make an educated guess on their DiSC style. What about working with them gives you the most pleasure? What causes the most stress/anxiety?	<ol style="list-style-type: none"> 5.
Identify 2 behaviors/tendencies you see in your profile that are not helpful to building successful work teams (hint: look at those stressors p.6)	
Thinking about what you just listed above, what DiSC Profile types might be most impacted by these behaviors?	
What would you tell a boss about how best to manage you?	
How would you like your achievements to be recognized? How would you like your mistakes to be corrected?	