# **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.

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| Week 1. Individual Strengths & Weaknesses | |
| Based on your lived experience what are 3-5 traits that you would most value in a work environment? | 1.  2.  3.  4.  5. |
| Identify 2 behaviors/tendencies you see in your profile that are helpful 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. | 1.  2.  3.  4.  5. |
| 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? |
| 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? |  |