

# learning about DISC styles

*These conversation prompts will help you get more out of DiSC. You can fill it out yourself, but it's even better with a partner or two over coffee.*

*Answer any that help you better understand—and use—DiSC styles in managing your mindset, in communicating and in coaching.*

**“When one teaches, two learn.” Explain the DISC model to each other. (What are the two axes? What are the four quadrants? What is the point of the model?)**

**What of your style sounds most like you? What sounds least like you?**

**What would you share with new team members to help them work with you?**

**What is the difference between manipulating and serving? What could you do to better serve using your style?**

**What strength can your style bring to coaching others? What dangers should your style keep in mind?**

**How might the style opposite yours challenge you? Complement you?**

**What steps could you take to ensure you complement each other going forward?**

## Key pages

- p. 3: your dot
- p. 4: your story
- p. 5-6: your shading
- p. 7: an overview (of defaults)
- p. 8-11: you w/ others
- p. 12-15: connecting with others
- p. 16: three suggestions
- p. 17-20: 12 styles

