



DISC - Personal Growth

Discover the power of self-awareness with the DISC assessment and embark on a journey of profound insights and development that affects every relationship and area of your personal and professional life. Transformation starts with you.

Understanding yourself is one of the best keys to unlocking your full potential to impacting the world around you, and that's why we invite you to take the DISC assessment.

Why Take the DISC Assessment?

1. **Uncover Your Unique Self:** Gain a deep understanding of your behavioral preferences and strengths, empowering you to embrace your true self.
2. **Enhanced Communication:** Improve your interpersonal skills by aligning your communication style with others, fostering stronger connections.
3. **Navigate Conflict Gracefully:** Develop conflict resolution skills and maintain harmonious relationships by understanding how you and others handle conflicts.
4. **Elevate Emotional Intelligence:** Master your emotions and respond thoughtfully to situations, leading to increased emotional intelligence.
5. **Unleash Your Career and Entrepreneurial Potential:** Identify your passions and expertise, finding the best career path for a fulfilling professional journey.
6. **Leadership Discover + Mastery:** there is a leader potential in all of us, discover your leadership style and optimise your leadership approach for better team connections, engagement, management and productivity.
7. **Stress Management:** Personalised strategies to handle stress with resilience and maintain balance. Start Your Journey Today!
8. **Team Building:** Create balanced teams for enhanced synergy and performance.
9. **Networking and Relationships:** Connect effectively with diverse individuals and building meaningful relationships that opens doors for collaborations in creating world transformational solutions.
10. **Personal Growth:** Identify areas for development to achieve personal and professional goals.

Types of DISC Assessments Available

- **Personality-Behaviour DISC Assessment**
- **Career** DISC Assessment: tailored for career development.
- **Entrepreneur** DISC Assessment: tailored for entrepreneurial development.
- **Student-Career** DISC Assessment: tailored for student establishing a career focus.
- **Sales Leader** DISC Assessment: tailored for Sales Leader/Manager professionals.

Invest in Your Future. Take the First Step Now! kay@mylivingseeds.com

What Is The Methodology Behind DISC?

What Is DISC?

DISC is a personal assessment tool used by more than one million people every year to help improve teamwork, communication, and productivity in the workplace and even at home.

What Does DISC Mean?

DISC is an acronym that stands for the four main personality profiles described in the DISC model: (D)ominance, (I)nfluence, (S)teadiness and (C)onscientiousness.

- People with D personalities tend to be confident and place an emphasis on accomplishing bottom-line results.
- People with i personalities tend to be more open and place an emphasis on relationships and influencing or persuading others.
- People with S personalities tend to be dependable and place the emphasis on cooperation and sincerity.
- People with C personalities tend to place the emphasis on quality, accuracy, expertise, and competency.

How Does DISC Work?

The DISC journey starts with a simple personality-behaviour assessment. This is a 15-20 minutes assessment to determine where you “fit” into the four main personality reference points. Everyone exhibits traits of all four major styles. The adaptive assessment method makes it even easier to discover your innate style, but innate never means exclusive.

The assessment produces an extensive profile report listing your DISC style and reveals your: strength, communication style, ideal work environment, motivational factors, the value you bring to a group, and more. The profile report is given to an individual and used during the coaching or workshop sessions.

As a coach and workshop facilitator, I help you to discover ways of applying what's in your profile and maximise your personal and professional development. The DISC profile sample is available on request.

What Does DISC Measure?

DISC measures the dimensions of your personality. It does not measure intelligence, aptitude, mental health, or values. DISC profiles describe human behaviour in various situations—for example, how you respond to challenges, how you influence others, your preferred pace, and how you respond to rules and procedures. It measures tendencies and preferences, or patterns of behaviour, with no judgment regarding value or alignment with a skill set or job classification. DISC is a tool for dialogue, not a diagnosis.

Invest in Your Future. Take the First Step Now! kay@mylivingseeds.com