

DiSC Work Styles

The DiSC model includes four behavioral styles (**D**ominance, **I**nfluence, **S**teadiness, and **C**onscientiousness) based on a person's preferences, habits, and tendencies. It is a framework to understand our own behaviors and how to effectively interact with others.

Everyone is a blend of the four styles. Some people are strongly inclined to one style while others are a close mix. *Every style is valuable.*

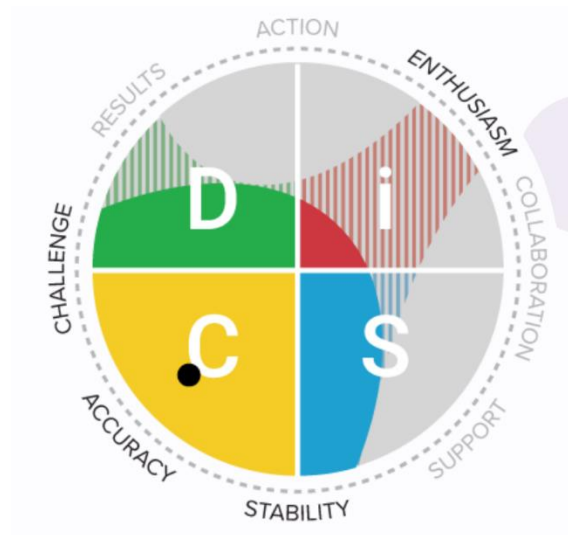


Image source: <https://www.discprofile.com/>

To learn more, use these resources from [Discprofile.com](https://www.discprofile.com/):

- [Overview of the DiSC Styles](#)
- [DiSC Personality Types Powerpoint](#)
- [A Guide to Me \(fillable PDF worksheet\)](#)
- [More DiSC posters, slide deck, and worksheets](#)

Recommended Pair Activity

Complete the DiSC Assessment to identify your style. Read the [Overview of DiSC Styles chart](#) to learn more about your style. During a mentoring session, discuss the results as a pair:

1. As a pair, what are your similarities and differences based on your DiSC styles?
2. Which priorities, motivators, and fears resonate with you?
3. What do you think is misunderstood about your style?
4. What strategies can you use to effectively communicate with styles different than yours?
5. Think of a situation where your style was evident. How did it impact the situation? Could you have handled something differently to improve the outcome?