

## **Digest 1 – February 2025**

### **Theme: Work Styles**

The February monthly theme is **work styles**. Understanding our personalities is valuable in every workplace. It helps to communicate effectively, build strong teams, and work through conflict. Let's talk about it!

### **Cohort Discussion:**

How do you navigate situations where a colleague, someone you supervise, or your own supervisor has a different approach to work or communication style than you?

### **Cohort Activities:**

1. Complete the [DiSC self-assessment](#). Reference the [linked activity overview](#) for discussion questions and additional resources.
2. Roleplay potential challenging conversations such as delivering constructive feedback, addressing poor employee performance, or adapting to a supervisor's style that may be different than your own.