

## Professional Development – How your colleagues learn



### DiSC Product of the Month

#### Coping & Stress Profile:

This profile shows the relationship between stress, coping resources, and overall satisfaction to help employees attain a better lifestyle.

<p style="text-align: center;"><b>D</b></p> <p><b>Scheduled Learning</b></p> <ul style="list-style-type: none"> <li>• Likes to learn by trial and error</li> <li>• May try to dominate the learning session – challenge the trainer</li> <li>• Little time for petty detail, stick to the main points</li> <li>• Checks the class schedule – know what they want to learn</li> <li>• Likes learning at a fast pace</li> </ul>	<p style="text-align: center;"><b>i</b></p> <p><b>I'll try it!</b></p> <ul style="list-style-type: none"> <li>• Learns best in a group setting</li> <li>• Visuals are guaranteed to help get points across</li> <li>• Role playing and group discussion are vital</li> <li>• Keep it short – lose focus easily</li> <li>• Open to new ideas</li> </ul>
<p style="text-align: center;"><b>C</b></p> <p><b>Logical and Detailed</b></p> <ul style="list-style-type: none"> <li>• Love to have handouts explaining the session</li> <li>• Keep to a schedule and offer Q &amp; A time</li> <li>• Pays attention to get it right the first time</li> <li>• Needs to understand each step before moving ahead</li> </ul>	<p style="text-align: center;"><b>S</b></p> <p><b>Step by Step</b></p> <ul style="list-style-type: none"> <li>• Takes time and listens to all the details</li> <li>• Loves to have 'hands-on' experience</li> <li>• Asks many questions about procedure/topic</li> <li>• Style with the most patience for learning</li> </ul>

**...Next Month... Motivation for each DiSC Style**

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