

Self Awareness & Modifying Behaviour Workshop Agenda

- **Introduction**
 - Why we need to understand ourselves
 - What is DISC?
 - Live profiles/ Self Assessment
- **Motivation**
- **Limitations**
- **Observable behaviour**
- **Modifying behaviour**
- **Case Study**
- **Identifying training needs**
- **Developing personal effectiveness**
- **What have we learnt and how can we use it**
- **Values to the organisation**