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Smoother, Simpler Communication
November 2023

Part 1: Understand Communication Styles

DiSC Dimensions of Communication

	D	I	S	C
Characteristics				
Strategies				

Discuss communication styles

My primary style is _____. My secondary style is _____.

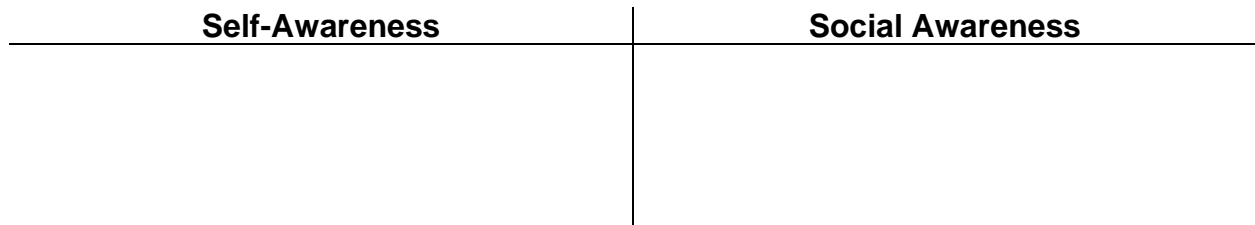
What I can learn from other styles is _____.

What I wish others understood about my style is _____.

One way I can flex my communication(s) is _____.

Part 2: Emotional Intelligence

Emotional Intelligence (EQ) is ...



Use the K-D-F model:

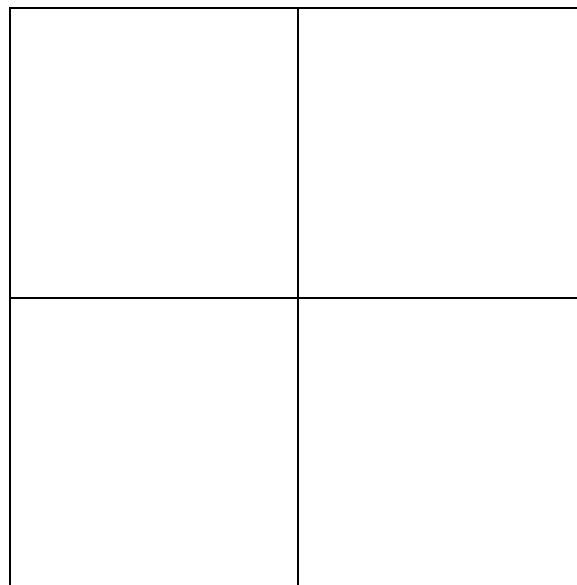
K _____

D _____

F _____

Part 3: Prioritizing

The Eisenhower Matrix



Personal Action Plan

Write down 3 things you learned and how you will apply each. Be specific.

1.	
2.	
3.	