



D-I-S-C SKILL BUILDER

In order to apply and retain what you have learned over the course of our time together today, please take a moment to complete the following D-I-S-C Skill Builder.

1. My communication style is (ex: SCID, IDSC): _____ - _____ - _____ - _____

2. My greatest communication challenge is:

3. One step I will take to expand my capacity between now and December 31st is:

4. The skill I intend to practice or the characteristic I intend to develop is (ex: patience, adaptability, listening, optimism):

Skill: _____

Describe the steps you will take to develop it:

5. My accountability partner will be _____