



This program teaches participants to read the emotional and interpersonal needs of a situation and respond accordingly. By combining the personalized insights of DiSC with active emotional intelligence development, participants discover an agile approach to workplace interactions and learn to navigate outside their comfort zone, empowering them to meet the demands of any situation. Participants will discover their preferred EQ mindset, recognize their potential for adapting to other mindsets, and commit to strategies for building agility.

LEARNERS WILL:

- Explore the concepts of emotional intelligence, mindset, and Agile EQ
- Discover their preferred DiSC style and Agile EQ mindset
- Understand the need for and value of a variety of responses and mindsets
- Develop a greater ability to adapt their mindset to best meet the needs of different situations

WHY THIS MATTERS:

An emotionally intelligent workforce is fundamental to a thriving agile culture at any organization. By developing self-awareness and agility in their ability to demonstrate emotional intelligence, individuals are better prepared to navigate different workplace challenges and interactions.

ASSESSMENT:

- Everything DiSC® Agile EQ Profile

DELIVERY OPTIONS:

In-Person: Half day

Live-Online: Two 90-minute instructor-led sessions plus self-paced prework

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