

SPORT COMMUNICATION

Enhancing Communication Using DISC

After watching the video 'Communication Styles and DISC', it's time to put your knowledge of DISC and communication into practice.

Identify the professional with the DISC Profile most similar to your own.

1. What is their role?

2. How do they adapt their style to suit the demands of the role?

3. How do they adapt their style to communicate with others in their working environment?

Now, choose a professional from the video who has a different DISC style to you.

1. What is their DISC Style?

2. How is it different to your own?

3. How might you need to adapt your communication style to build an effective relationship with them? *(Refer to Part 2 of your DISC Report for guidance)*
