

CAREER PREPARATION

Using DISC for your Internship

Review your DISC Profile and respond to the below:

1. Knowing your DISC Profile and reflecting on your internship role, what are some of the behaviors within your Natural Style that are most conducive to performing well (*hint: see page 6 of your DISC Profile Report*).

2. Now, reflect on what areas or behaviors you might need to adapt to suit the demands of your internship role (*hint: refer to page 12 of your DISC Profile Report*).

3. Using the **SMART** goal framework, set 3 individual goals for your work experience focussed on your 1) strengths, 2) development, and 3) adaptability.

Specific - What do you want to achieve?

Measurable - How will you measure your success?

Achievable - What skills will you use to achieve this goal?

Relevant - Why are you setting this goal? How does it align with broader objectives?

Time-bound - How long will it take you to achieve this goal?

1.

2.

3.

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Using your DISC Profile and your understanding of team dynamics, reflect on how behavioral styles influence project management. Refer to page 23 'Overview of the Four Basic DISC Styles' and pages 29-31 'Tension Among the DISC Styles'.

1. Based on your DISC Profile, how do you naturally approach:

- a. Planning tasks: _____
- b. Meeting deadlines: _____
- c. Working in teams: _____

2. How might each DISC Style contribute to a project team?

D _____

I _____

S _____

C _____

3. What challenges or tensions may arise in a team with mixed behavioral styles and provide one example in a sport project environment:

4. How might you assign roles on a project based on DISC Styles and why? (e.g., Event Coordinator, Marketing Lead, Operations Coordinator, and Partnerships/Finance Manager)

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Select three of the new team members you are working with and using page 24 of your DISC Profile report, identify their likely DISC communication style. Then, using pages 27-28 of your report, come up with a communication plan for how you can best work together.

Team member #1 - _____

Likely communication style: _____

What behaviors suggests this? _____

What is your preferred style and how would you adapt to this communication style?

Team member #2 - _____

Likely communication style: _____

What behaviors suggests this? _____

What is your preferred style and how would you adapt to this communication style?

Team member #3 - _____

Likely communication style: _____

What behaviors suggests this? _____

What is your preferred style and how would you adapt to this communication style?
