

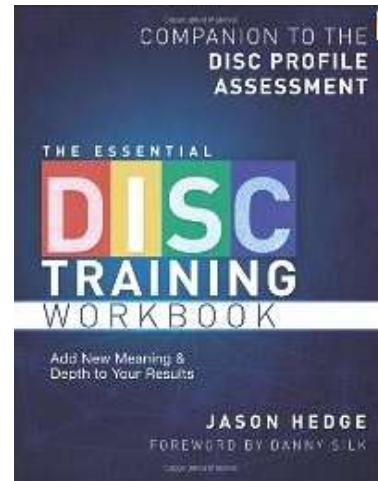
The Essential DISC Training Workbook

By Jason Hedge

★★★★★ (5 stars)

Buy this book if you:

- *Want a deeper understanding of the DISC assessment and how it applies to you personally or to your team.*
- *Want a hands-on tool for leading workshops on the DISC assessment.*



Created as a companion to the DISC Profile Assessment, *The Essential DISC Training Workbook* will help you understand the results of your DISC assessment, the value of each DISC personality style and how to interact with people who exhibit a different style.

The workbook opens with what Jason calls a DISC PREassessment, a shortened version of the DISC profile for those who have not taken the more comprehensive DISC assessment. The workbook also contains the following tools to help you unpack what you learn through the DISC assessment or PREassessment:

- DISC Fact Sheets to better understand your Primary Type and what value the other three types bring.
- Insight Sections to connect the information with people you already know to begin to understand them better.
- Leadership Aptitude section to identify your leadership style.
- DISC Team Wheel to plot your team's primary style together.

The DISC assessment is a widely used and popular personality assessment. This is an excellent companion tool for that assessment. Since it contains the PREassessment, the workbook is stand alone, but both Jason and I encourage the reader to take the time to complete the more comprehensive DISC assessment.

A couple parts of the workbook that were especially helpful include:

- The Getting Started section at the beginning of the workbook. Jason asks the reader to identify their goals for taking the DISC assessment, how to be actively engaged in the process, and encouragement to apply what was learned.
- The Leadership Aptitude fact sheets apply the DISC template to one's leadership style.

- The Team DISC Wheel which is an excellent tool for discovering how balanced your team is in terms of the four DISC personality types.

Summary

As the HR director at Bethel Church in Redding, CA—with its staff of 500—Jason has had years of experience with the DISC assessment. This workbook reflects that experience in applying the DISC assessment to the individual and the work team. I highly recommend it to anyone desiring personal growth, or to those desiring to build a greater cohesiveness on a team.

Reviewed by David Yeazell, Life Coach and Org. Dev. Consultant