



# Communication Skills and DISC workshop

## Session Notes



### Part 4a: How well do you control your emotions as a leader?

**Instructions:** Rate how often each statement is true for you on a scale of 1 to 5: **1 =**

**Almost Never | 5 = Almost Always**

Statement	1	2	3	4	5
1. I remain calm and composed, even when others become emotional or upset.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I pause to reflect before reacting in moments of conflict.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I recognize my emotional triggers and manage them effectively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I listen actively and with curiosity, even when I disagree.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I can de-escalate tense situations without avoiding the issue.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I take responsibility when my emotions negatively affect others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I use past conflicts as learning opportunities to improve my response.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Total Score:** \_\_\_\_\_ / 35

#### Results:







- **29–35** | *Emotionally Grounded Leader* – You lead with reflection and calm.
- **20–28** | *Developing Self-Awareness* – You're managing well, with room for refinement.
- **7–19** | *Emotionally Reactive Under Pressure* – Consider practices to support regulation and growth.

Takeaway:

1 Main thing You learned: \_\_\_\_\_

1 Action Step you will take: \_\_\_\_\_

# DISC CHEAT SHEET

Observation		D	I	S	C
	Likes to do things	The <b>FAST</b> way	The <b>FUN</b> way	The <b>TRADITIONAL</b> way	The <b>PROPER</b> way
	Personal Decor	Large desk, awards, useful accessories	Flashy, trendy, with fun pictures	Family pictures, personal mementos	Aesthetically pleasing, unique, functional
	Body Language	Big gestures, leans forward, advancing	Expressive, friendly posture, amusing	Gentle gestures, reassuring	Unemotional, controlled gestures, assessing
	Speech Pattern	Directive tones, abrupt, interrupting, intentional	Talkative, varied tones, personal, easily distracted	Conversational, warm tones, friendly, prefers listening	Clarifying, monotone, logical, focused, questioning
	Processes by asking	<b>What?</b>	<b>Who?</b>	<b>How?</b>	<b>Why?</b>
	Personal Strength	<b>Firm</b>	<b>Fun</b>	<b>Friendly</b>	<b>Factual</b>