



## MY BEHAVIOURS, MY INTENTIONS: 2 DAY COURSE



### OBJECTIVES

The James Paget University Hospitals NHS Foundation Trust is an acute-care National Health Service (NHS) foundation trust that runs the main James Paget Hospital in Gorleston, Norfolk, England. They employ over 4,000 people.

Our Certified Practitioners help organisations to better understand their colleagues, to help drive communication and avoid personality and behavioural misunderstandings. It's an excellent way to develop individuals and teams and create a more harmonious workplace. The DISC system gives businesses an efficient tool to maximise the potential of their current workforce, boost output, improve collaboration and teamwork, and ultimately boost profits.

### THE IMPACT FOR JAMES PAGET

Colleagues were able to recognise and comprehend other people's communication styles, in addition to knowing their own 'preferred' communication style.

They discovered how to adjust their approach to lead, inspire, and motivate others, and how to modify their natural communication style when necessary. Understanding DISC also makes it easier to understand why personality clashes can happen and provided the tools to help avoid them.

### COURSE OVERVIEW

- Completion of shortened DISC profile
- The background of DISC
- Understanding your personality type
- Recognising various personality types in your teams
- How productive teams operate and produce outcomes (including team communication game)



### FEEDBACK

#### ***What did you like most about the course?***



*This session was fantastic. Everything was enjoyable and I learnt a lot..*



*The course sped by - the topic was amazing and so informative - will look further into it. it was taught with so much knowledge and enthusiasm - the tutor was AMAZING can we have more sessions with him please. I felt I have gained so much insight after that session that I can use going forwards.*



*Loved how friendly the facilitator was, put everyone at ease and made people feel they were able to speak up in front of the group. He was very relaxed so it was a nice environment. Enjoyed the group work at the end which was fun and nice that we were put into groups rather than just going with the same group we normally go in as we are familiar with those people.*