



## LIVE SEMINAR

# Build Emotional Intelligence with DISC Assessment Insights

Learn strategies to handle stress, conflict and change with emotional awareness



### THIS SEMINAR AT A GLANCE:

- Understand your DISC style and how it shapes communication, decision-making and collaboration
- Identify essential emotional intelligence skills that strengthen workplace relationships
- Recognize EQ strengths that are most common to each DISC style
- Discover EQ areas for growth to improve leadership, teamwork and engagement
- Apply DISC + EQ strategies to resolve workplace challenges and manage conflict effectively
- Practice communication tools to respond with clarity, empathy and confidence in any situation
- Build a workplace culture that fosters trust, inclusion and long-term success

# Build Emotional Intelligence with DISC Assessment Insights

## SEMINAR SUMMARY

### Learn strategies to handle stress, conflict and change with emotional awareness

Workplace dynamics often break down in predictable ways: differences in approach create tension, priorities become misaligned, quiet voices go unheard and attention to detail clashes with big-picture thinking. The result is frustration, miscommunication and stalled progress.

You can change this. By understanding not only what people do but also why they do it, you transform challenges into opportunities for growth. The DISC assessment framework offers a clear, actionable picture of the behaviors and patterns you and your colleagues bring to the workplace—how you act, respond and interact with others.

When combined with emotional intelligence (EQ) skills, DISC insights become a powerful tool for stronger workplace communication, collaboration and leadership development. By identifying your DISC style and learning how to adapt to others, you will improve self-awareness, self-control, empathy and relationship management. These skills allow you to manage triggers, regulate reactions, flex your approach and build relationships that are both productive and resilient.

### Who Should Attend:

This seminar is designed for individuals who have taken the PeopleKeys DISC Assessment and is valuable for professionals in any role, industry or team size who want to enhance communication skills, build stronger relationships and boost overall workplace performance.



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## Registration Information

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