



## DISC ASSESSMENT – PERSONALITY (TOP)

The DISC assessment is an easy and practical tool that can help explain human behavior. After performing a DISC test, you will identify which of the four styles (D, I, S, or C) suits you best and, as a result, your strengths and weaknesses. This knowledge is the foundation of your self-development plan.

It is important to remark that the different styles are not dissociated; people are usually a mixture of two or even more styles. In the same way, through DISC, you can identify other people's styles and recognize similarities and differences, allowing you to adjust your language to communicate better and thus improve your relationships.

### WHAT IS INCLUDED?

- DISC assessment
- 1 live debrief session (1h) – via zoom or face to face
- 1 live coaching session (1h) – via zoom or face to face
- Complementary readings
- Complimentary commercial toolkits
- Live support via WhatsApp

