



Everything DiSC Agile EQ®

Available Formats: Live (onsite) or Virtual

Program Length: 3 modules (60–100 minutes each)

(select individual modules or complete the series)

Overview

Everything DiSC Agile EQ® develops the emotional intelligence necessary to adapt to any situation—helping participants respond effectively to workplace challenges. This program combines DiSC® insights with active EQ development, empowering participants to stretch beyond their comfort zones.

Learning Outcomes

By the end of this program, participants will:

- Discover the instinctive mindsets that shape their responses.
- Recognize opportunities to stretch beyond what comes naturally.
- Take action to become more agile in social and emotional situations.

Modules

Module 1: Discover Your Mindsets (60 minutes)

Identify your DiSC style and learn about the Agile EQ mindsets that come most naturally to you.

Module 2: Recognize and Value Other Mindsets (85–100 minutes)

Deepen your understanding of all Agile EQ mindsets and explore the benefits of shifting to less comfortable ones.

Module 3: Act to Become Agile (60 minutes)

Anticipate challenges when stretching to new mindsets and create an action plan to build agility.