

Day 1: Introduction to DISC and MBTI

Objective: Understand the basics of DISC and MBTI, and their relevance to personal and professional development.

• Morning Session

- Welcome and introductions
- Overview of the 5-day curriculum
- Introduction to DISC: Background, purpose, and the four personality types
- Introduction to MBTI: Background, purpose, and the 16 personality types
- DISC and MBTI self-assessment (conduct tests to determine individual profiles)

• Afternoon Session

- Review and discuss DISC results: Characteristics, strengths, and communication styles
- Review and discuss MBTI results: Characteristics, strengths, and communication styles
- Group activity: Introduce yourself based on your DISC and MBTI profiles
- Q&A session on DISC and MBTI concepts

Day 2: Exploring DISC and MBTI in Depth

Objective: Gain deeper insight into the characteristics of each DISC type and MBTI type, and how they interact.

• Morning Session

- Recap of Day 1 and address any questions
- Detailed discussion on Dominance (DISC) and its interaction with various MBTI types
- Group activity: Role-playing scenarios featuring Dominance and MBTI types

• Afternoon Session

- Detailed discussion on Influence (DISC) and its interaction with various MBTI types
- Group activity: Role-playing scenarios featuring Influence and MBTI types
- Q&A and discussion on similarities and differences between DISC and MBTI

Day 3: Understanding Steadiness, Conscientiousness, and MBTI

Objective: Deepen understanding of Steadiness and Conscientiousness, and how they relate to MBTI types.

- **Morning Session**

- Recap of previous days and any questions
- Detailed discussion on Steadiness (DISC) and its interaction with various MBTI types
- Group activity: Role-playing scenarios featuring Steadiness and MBTI types

- **Afternoon Session**

- Detailed discussion on Conscientiousness (DISC) and its interaction with various MBTI types
- Group activity: Role-playing scenarios featuring Conscientiousness and MBTI types
- Q&A and discussion on similarities and differences between Steadiness and Conscientiousness

Day 4: Building Effective Teams with DISC and MBTI

Objective: Learn how to apply DISC and MBTI in team settings to improve communication, cooperation, and conflict resolution.

- **Morning Session**

- Recap of previous days and address any questions
- Discussion on how different DISC types work with various MBTI types in teams
- Strategies for effective communication and teamwork with mixed DISC and MBTI profiles
- Group activity: Team-building exercises with mixed DISC and MBTI profiles

- **Afternoon Session**

- Strategies for resolving conflicts in teams with different DISC and MBTI profiles
- Communication exercises to improve understanding and cooperation
- Q&A and open discussion on team dynamics and workplace scenarios

Day 5: Applying DISC and MBTI to Personal and Professional Development

Objective: Understand how DISC and MBTI can be used for personal growth, leadership, and career development.

- **Morning Session**

- Recap of previous days and address any questions
- Using DISC and MBTI for personal growth and self-improvement
- Strategies for developing leadership skills based on DISC and MBTI profiles
- Group activity: Leadership role-playing and feedback sessions

- **Afternoon Session**

- Using DISC and MBTI for career development and team management
- Discuss how to create an effective work environment with DISC and MBTI
- Final Q&A session and feedback on the training program
- Closing remarks and distribution of certificates of completion