

# Communication LAB



Explore each other's communication styles through a DiSC® Assessment. Then, through a series of "action learning" challenges, you will discover better ways to communicate and perform together as a team.





## ALL OF OUR EVENTS ARE BASED ON –

**100% Participation 100% of the Time for 100% Fun –**  
all members are engaged all the time.

**All Play** – Participants might have different energy or capability and that's okay. Games have different roles, so there's always a place for everyone to contribute to the team effort.

**Team Play** – All activities reward teamwork, not individual performance.

## WHAT IS A COMMUNICATION LAB EVENT?

The most common obstacle to effective teamwork is poor communication. To help teams bridge the communication gap and become more effective and productive, Group Dynamix has designed the Communication Lab – an interactive workshop that engages participants in a process of learning, experimenting, observing, and sharing. Using the DiSC® assessment tool, participants learn about their communication and workplace styles and discover how to better connect and effectively work with each other.

Communication Lab is a powerful program that helps your team members:

- Discover their own workplace DiSC® style by recognizing the priorities, motivators, and stress triggers that drive the workplace experience.
- Understand other styles by resolving the differences, similarities, and challenges when working with different DiSC styles.
- Build effective relationships by identifying strategies to make more meaningful connections with members of various styles and working more effectively to reduce tension, solve problems, and contribute positively to their team and organization.

Using “action learning” activities, our skilled facilitators help participants experience their style differences firsthand. After a debrief, members share their experience, gaining valuable insights that will help understand others' styles and bridge differences.

### BENEFITS:

Our program focuses on these key elements of teamwork –

- Cooperation and collaboration
- Mutual trust and respect
- Understanding and appreciation of differences
- Shared commitment to collective performance

### LOGISTICS:

- Indoors
- At our facility or the facility of your choice
- From 4 to 6 hours
- Group sizes from 10 to 75
- Customized activities
- Low to medium physical fitness

### SAMPLE AGENDA:

- Welcome, introductions, and icebreakers
- DiSC® assessment review
- DiSC® behaviors in action
- Priorities, motivators, and stressors
- Putting DiSC® into practice
- Program wrap-up – comparing, sharing and commitments for improving teamwork

