## Asking for Help \* DISC Behavior Styles

When you need help with the situations below, ask the people with behavior styles that match the situations for help. Remember that you are asking people to help you, not to do for you.

Visit Smiles Spark Success on Facebook for verbal clues to each behavior style.

High S

<u>High D</u> Outgoing

Gets things done

Ask a High S person for help with:

Reserved

Ask a High D person for help with:

Getting results
Measuring results
Measuring progress
Creating efficiency
Matching their fast & decisive
pace to improve coworking
effectiveness

Measuring compatibility
Measuring relationship depth
Maintaining essential relationships
Creating sensitivity
Matching their slow & easy pace
pace to improve coworking
effectiveness

Connects with people

<u>High I</u> Outgoing

Connects with people

<u>High C</u> Reserved

Gets things done

Ask a High I person for help with:

Ask a High C person for help with:

Giving acknowledgement
Expressing admiration
Making connections
Creating stimulation
Matching their fast & spontaneous
pace to improve coworking
effectiveness

Measuring precision
Measuring correctness
Creating rules & procedures
Creating predictability
Matching their slow & systematic
pace to improve coworking
effectiveness

Cooperation and effectiveness can improve when each person in a coworking situation learns how to match another person's pace for at least part of the task.

\* Resource material for two Success Steps/Failure Flubs Posters:

Be a Networker

12 Girl Goodwill Steps to Success & Equality

Available from the Speaking From Triumph Store at speakingfromtriumph.com