



# Learn Behavioral Flexibility

through sessions on how to dial up and dial down each DISC factor and sub-factor

## Our Process

- 1 Awareness**  
Complete the DISCflex™ Questionnaire and review your report
- 2 Analysis**  
Conduct a behavioral SWOT analysis on yourself
- 3 Goal Setting**  
Use the goal setting chart to target objectives
- 4 Goal Achievement**  
Change your habits and use future pacing



## DISCflex™ Program Contents

- Brief 10-minute DISCflex™ Questionnaire
- Customized Behavior Report
- Insightful input from coworkers, family, and friends
- 20+ hours of eLearning materials to grasp the concepts and build skill sets
- Validation of learning through quizzes and final tests

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