



## Spirit Rising Coaching



What if you could tap into your deepest motivations and dramatically improve your relationships and accelerate your results? Your individual personality affects every aspect of your life. That's why one of the best things you can do to grow yourself is to understand your personality and what naturally drives you. When you recognize your strengths and weaknesses, you are able to give your best as you work with people around you.

As a leadership coach who specializes in helping individuals and teams identify and fully leverage their strengths, I am excited to offer area businesses and organizations the Maxwell Method Of DISC. The concept of DISC, a widely used and validated process, is based on William Marston's theories, which assert that people basically possess one or more of four different personality styles:

**Dominance** –someone who is direct, decisive, a problem-solver, a risk taker and a self-starter.

**Influence** – a person who is enthusiastic, trusting, optimistic, persuasive, talkative, impulsive and emotional.

**Steadiness** –someone who is a good listener, team player, possessive, steady, predictable, understanding, and friendly.

**Compliance** – a person who is accurate, analytical, conscientious, careful, precise, meticulous and systematic.

Through the Maxwell DISC profile, you will explore ways to build a stronger team that communicates, appreciates the style of others, and works well together. You also will learn effective strategies for handling conflict and personality clashes, and how to develop yourself and others to be their best. Contact me today to schedule your complimentary DISC workshop for your business or organization.