

Session 2

Self-Awareness



When/Where:

Thursday, October 14, 2021
1:00pm-4:30pm

[FNB Business Event Center](#)
[1040 Eberly Way, Suite 151](#)
[Lemont Furnace, PA 15456](#)

Objectives:

1. Individual personality types and interacting with other personality types.
2. Personal mission statement.

Pre-Session Homework:

1. View [DISC Personality Types Explained | Introduction to DISC Profiles](#).
2. Complete DISC assessment at <https://www.123test.com/disc-personality-test/>. Email results no later than Monday, October 11, 2021 to loris@faypenn.org.
3. Read [Personal Mission Statement overview](#).
4. Compose your personal mission statement.

Session Outline	Time (Minutes)
1. Session overview	1:00pm (10)
2. DISC overview	1:10pm (30)
3. Individual DISC profile reviews	1:40pm (50)
4. Break	2:30pm (15)
5. DISC role play	2:45pm (60)
6. Personal Mission Statement sharing	3:45pm (30)
7. Daily wrap up	4:15pm (15)
8. Adjourn	4:30pm