

# DISC "Self"

## THIS REPORT DEFINES:

- how your behaviors set the stage when interacting with others
- how you approach problems & structure things
- your preferred activity levels
- your strengths & motivators
- traits & content that you can use to write your resume, cover letter, & other docs
- how you can achieve optimum performance



**Best for anyone seeking self-growth and awareness. Provides a nice, general overview.**