

# FOCUSLIFE INSTITUTE

Practical, Proven Solutions For Personal & Professional Growth

## Focus On Personal Behavioral Style

# FOCUSLIFE INSTITUTE

## FOCUS ON PERSONAL BEHAVIORAL STYLE

### People Skills



First Name:

Last Name:

Dr. Ed Turose

Focus Life Institute

<https://www.FocusLifeInstitute.com>

## Lesson 1 – Understanding What Shapes Your Personal Behavioral Style

No Questions

## Lesson 2 – The Focus Behavioral Profile

My Behavioral Profile is:

## Lesson 3 – Focus Behavioral Profile Graph Of Your Top Styles

List your top 2 styles.

Style 1:

Style 2:

If you had a third style appear above the MID line, list it here.

Style 3:

**Question:** Please review your individual profile (i.e. S/C) and write a summary of what this profile explains about your individual style.

## Lesson 4 – Understanding The DISC Focus Behavioral Styles

No Questions

## Lesson 5 – Understanding How To Blend With Others For Success

Based on your one individual style, (i.e. S/C), answer the following questions:

**Question:** write a summary of what this profile explains about your individual style.

**Answer:**

**Question:** list your dominant task methods.

**Answer:**

**Question:** how can you blend you style with the opposite styles of your behavior.

**Answer:**

**Question:** List 2 people that you currently have personality differences with and list ways for you to blend to improve the relationship

Person 1:

How can you blend:

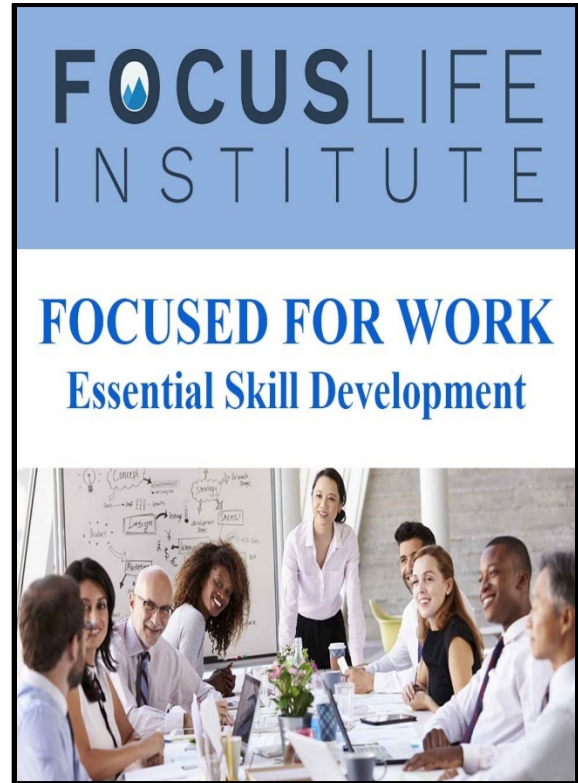
Person 2:

How can you blend:

### Additional Courses Available

#### **Focused for Work**

According to LinkedIn's "Workplace Learning Report," soft skills are the No. 1 priority for talent development. Further, a LinkedIn study found that hiring managers indicated their company's productivity was limited due to a lack of candidates' soft skills. "The No. 1 problem with today's young workforce is the soft skills gap," "It runs across the entire workforce – among workers with technical skills that are in great demand, every bit as much as workers without technical skills." Soft skills are key to individuals' success in the workplace and are a competitive differentiator in the marketplace. The Focused For Work Module was developed to provide solutions for individuals to be prepared for the workplace. Included are People Skills, Essential Soft Skills, Interviewing Skills, Critical Thinking Skills, Values/Character Development and Leadership Skills.



#### **40 Days of Focus**

We live in an age of distraction. The 40 Days of Focus module helps you to learn how to focus and create a lifestyle of focus. You will be mentored by Focus Coach Ed Turose with a daily video podcast, key daily focus points and the ability to capture your personal notes online. Our 40 days of Focus will get you on track to see great results in both your personal and professional life!



Please View Our Website at [www.focuslifeinstitute.com](http://www.focuslifeinstitute.com)