

Session	Topics	Details
1	<ul style="list-style-type: none"> • Brief Intro & Icebreaker • Commitment Creation • The Difference Maker • What is Leadership? • DiSC Intro 	<ul style="list-style-type: none"> • Brief introduction to the Flourish program, Ms. Val, and participants. • Create a common set of norms and guidelines for the group. • Highlight importance of leadership skills. • Myths v. Truths of Leadership & Definition of Leadership. • Introduction to the 4 DiSC styles.
2	<ul style="list-style-type: none"> • Review • DiSC: Day in the Life Of... • Intro to Strengths 	<ul style="list-style-type: none"> • Review material from last session. • Reflect on the way one's DiSC style manifests itself in everyday life and how different styles do things differently. • Myths v. Truths of Strengths & Definitions of Strengths & Weaknesses.
3	<ul style="list-style-type: none"> • Review • StrengthsQuest Interviews • Strengths & Weaknesses Timeline 	<ul style="list-style-type: none"> • Review material from last session. • Present everyone's StrengthsQuest (or Explorer) results. • Reflect on one's strengths and weaknesses in action.
4	<ul style="list-style-type: none"> • Review/Present Timelines • STOPing Weaknesses • Stronger Together • The Platinum Rule 	<ul style="list-style-type: none"> • Review material from last session. • Consider strategies for STOPing one's weaknesses. • Discuss the importance and necessity of synergy and teamwork. • Learning how the Platinum Rule can help you build better teams and work together as a team.

Session	Topics	Details
5	<ul style="list-style-type: none"> • Review • DiSC Guidelines for People Reading • People Reading Exercise • Relating to the DiSC Styles 	<ul style="list-style-type: none"> • Review material from last session. • Learn how to determine what DiSC style someone is by watching their behavior. • Practice people reading by watching tv and movie clips and discerning the characters' DiSC profiles. • Discuss how the different DiSC styles like to be treated.
6	<ul style="list-style-type: none"> • Review • Conflict & DiSC • Applying the Platinum Rule • Celebration/Time of Appreciation 	<ul style="list-style-type: none"> • Review material from last session. • Recognize the different DiSC styles handle conflict differently. • Consider a real-life application of the Platinum Rule. How can you improve one of the relationships in your life by applying the Platinum Rule? • Express appreciation for the other participants and celebrate the end of the program.

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