

# What Does Your DISC Style Say About Your RESILIENCE & SELF-AWARENESS

Your DISC style shows how you handle stress, adapt to challenges, and build resilience, helping you navigate uncertainty with confidence.



## The Driven Leader: (Dominance)

- ✓ **Strengths:** Bold, decisive, thrives under pressure.
- ✗ **Challenges:** Impatient, prone to burnout.
- 💡 **Resilience Tip:** Slow down, delegate, and embrace strategic pauses to avoid exhaustion.

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## The Energetic Influencer: (Influencer)

- ✓ **Strengths:** Optimistic, adaptable, thrives on connections.
- ✗ **Challenges:** Easily distracted, avoids difficult conversations.
- 💡 **Resilience Tip:** Set clear priorities and boundaries to stay focused and maintain energy.

## The Steady Supporter: (Steady)

- ✓ **Strengths:** Reliable, team-focused, remains calm.
- ✗ **Challenges:** Avoids change, internalizes stress.
- 💡 **Resilience Tip:** Practice assertiveness and embrace small changes to build adaptability.

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## The Analytical Thinker: (Compliant)

- ✓ **Strengths:** Detail-oriented, problem solver, values structure.
- ✗ **Challenges:** Overthinks, struggles with perfectionism.
- 💡 **Resilience Tip:** Shift from perfection to progress and create flexibility in problem-solving.



**Let's break this  
down further.**

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Book your  
discovery call to  
explore resilience-  
building strategies  
tailored to you.

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