

Training Timing: One-Day Program

The One-Day Program takes approximately 5-½ to 6-½ hours (not including meals or breaks), ideally conducted as two consecutive half days of training, as shown. As mentioned in the Best Practices section, this format allows for a team dinner or event in the evening.

Day 1: Afternoon		
Introduction	Welcome and Introduction (5 mins) Objectives (5 mins) Overview of The Five Behaviors Model (25 mins) Wrap-Up (5 mins) How Are We Doing? (10 mins) Team Survey Results (15-25 mins) Wrap-Up (5 mins)	70-80 mins
	Break	10 mins
Building Trust	Defining Trust (2 mins) Personal Histories (33 mins) Everything DiSC® (30 mins) Trust-Building Behaviors (15-20 mins) Wrap-Up (5 mins)	85-90 mins

Day 2: Morning		
Mastering Conflict	Defining Conflict (3 mins) Conflict Continuum (7 mins) Healthy and Unhealthy Conflict (5 mins) Conflict Behaviors (15 mins) Wrap-Up (5 mins)	35 mins
Achieving Commitment	Defining Commitment (5 mins) Top Priority (45-60 mins) Commitment Behaviors (15-20 mins) Wrap-Up (5 mins)	70-90 mins
	Break	10 mins
Embracing Accountability	Defining Accountability (5 mins) The Value of Feedback (25-40 mins) Accountability Behaviors (10 mins) Wrap-Up (5 mins)	45-60 mins
Focusing on Results	Accountability to Results (5 mins) Understanding Results (8 mins) Common Distractions (7 mins)	20 mins
Wrap-Up	Review (3 mins) Committing to Change (7 mins)	10 mins

If the schedule dictates, this program can also be conducted as a single day of training. The “Day 1 Afternoon” segment becomes your morning, followed by a 1-hour lunch break, and concluding with the “Day 2 Morning” segment in your afternoon.