



How to Communicate with Others

The Goal: The objective is to explain to students how people are different, and how they can use their unique communication style to connect with students who are not like them.

Materials: Room, circle of chairs, [Indigo Report](#), pencil and paper.



Step 1: Split the room into two groups—those [above 50 Dominance](#) and those [below 50 Dominance](#). Review the unique strengths of each and how not to communicate with them by using the [DISC Reference Guide](#). Feel free to ask the following questions:

- What are some things we can do to make both Highs and Lows feel comfortable communicating?
- Are there any [High D's](#) or [Low D's](#) that would like to share how they communicate with others?

Step 2: Do the same for [Influencing](#), [Steadiness](#), and [Compliance](#).

Step 3: Have students go back to their seats and either write one paragraph or draw a picture talking about their strengths and potential challenges.

Example: When going over [High Influencing](#) and [Low Influencing](#), one take away may be that Highs need to make room for Lows to speak up in group projects—because the [Low I's](#) may be observing details [High I's](#) miss.

TIP: Make sure to reinforce that there are no better or worse styles. Research shows the best performing teams have a mixture of highs and lows in all categories.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: *Communication; Building Positive Peer Relationships; Results Orientation.*

Social/Emotional: *Sense of Belonging; Self Advocacy; Communication; Perseverance.*