

# Video Viewing Guide



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*Everything DiSC® Agile EQ™* video provides both theoretical explanations and practical examples of the use of Agile EQ in a variety of interactions, and helps participants gain a greater understanding of their own typical responses as well as why it's worth learning to adopt other responses.

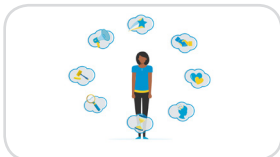
This manual provides an overview of the video content located in the Facilitation Materials folder. *Everything DiSC Agile EQ* video is available with English subtitles or without subtitles.



## INTRODUCTION TO AGILE EQ

Introduces the concept of Agile EQ and explores why some aspects of EQ may be more difficult than others.

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## RECOGNIZE OTHER MINDSETS

Describes the potential issues with only using those mindsets that are comfortable.

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## ASK THE EXPERT

Each video shows an “expert” (someone who is good at a particular mindset) describing the benefits of the mindset.

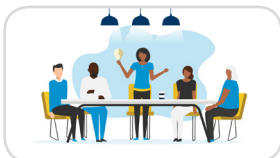
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## MINDSETS IN ACTION

This series of videos illustrates a natural mindset and two stretch mindsets for each of the four DiSC® styles.

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## ACT TO BECOME AGILE

Shows the value of stretching beyond one's comfort zone and what it takes to do so.

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## INTRODUCTION TO AGILE EQ

**Total Length: 4 minutes**

This video introduces the concept of Agile EQ. It explains how some types of emotional intelligence may come naturally to people, whereas others may be a real struggle, depending on their DiSC® style. It also describes the value of stretching beyond one's comfort zone to find the best possible approach to a given situation.



## RECOGNIZE OTHER MINDSETS

**Total Length: 3:10 minutes**

This video describes the potential issues with only using those mindsets that someone finds comfortable or natural. It helps people to understand that they have many options when addressing a situation and the importance of recognizing those options.



## ASK THE EXPERT

**Total Length: 19 minutes**

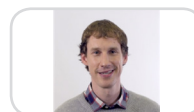
Each video shows an "expert" (someone who is good at a particular mindset) describing the benefits of the mindset.

### Using the Ask the Expert Segments in Facilitation

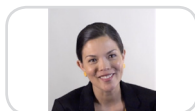
Designed as an accompaniment to the Ask the Expert activity in Module 2, these videos can be used to represent any mindset not covered by participants. There's one segment for each of the eight mindsets. In each segment, a person speaks to their natural mindset, describing how they use it, the benefits, what others might be missing by not using it, and some tips for how to adopt the mindset.



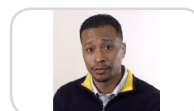
**Dynamic Mindset**



**Composed Mindset**



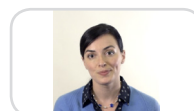
**Outgoing Mindset**



**Objective Mindset**



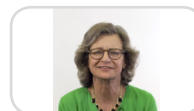
**Empathizing Mindset**



**Resolute Mindset**



**Receptive Mindset**



**Self-Assured Mindset**



## MINDSETS IN ACTION

**Total Length: 20 minutes**

This series of videos illustrates a natural mindset and two stretch mindsets for each of the four DiSC® styles.

### Using the Mindsets in Action Segments in Facilitation

These segments are used in Module 2 as part of the Mindsets in Action activity. Participants select a character with a given DiSC style and watch and discuss a video of that character using a natural mindset. Then, participants are presented with two optional stretch mindsets for that same character and choose which one they'd like to see. They then watch and discuss the second video, noting the differences between the first example and the second.



#### Sally's Natural Mindset: Self-Assured

Sally's Chosen Mindset: Composed

Sally's Chosen Mindset: Receptive



#### Stephanie's Natural Mindset: Empathizing

Stephanie's Chosen Mindset: Objective

Sally's Chosen Mindset: Self-Assured



#### Tom's Natural Mindset: Receptive

Tom's Chosen Mindset: Dynamic

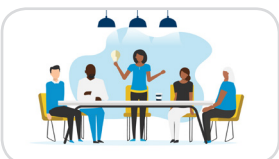
Tom's Chosen Mindset: Resolute



#### Dante's Natural Mindset: Composed

Dante's Chosen Mindset: Empathizing

Dante's Chosen Mindset: Outgoing



## ACT TO BECOME AGILE

**Total Length: 2:30 minutes**

This video acknowledges that it can be difficult to adopt new mindsets and presents some options for taking small, manageable steps that can lead to increased agility with one's emotional intelligence.