



DISCover Your Style

Facilitated by AEJ Consulting, LLC

At AEJ Consulting, we help teams and leaders work better together through a proven DISC-based framework focused on communication, self-awareness, and leadership growth.

Our DISCover Your Style experience is more than a “personality assessment” or “let’s interpret your results.” It’s an interactive team and leadership development event that helps people understand how they communicate, respond to stress, build relationships, make decisions, and lead others.

Participants learn their unique behavioral style and gain practical strategies for **working more effectively** with different styles, communication preferences, and work habits. The result is stronger collaboration, better conversations, healthier team dynamics, and more confident leadership.

Whether working with an executive one-on-one or facilitating a full team session, the goal is clear: helping people better understand themselves and others so they can lead, communicate, and collaborate more effectively. Every session is engaging, practical, and immediately applicable to the real challenges teams face every day.



This framework is highly effective for:

- Team building and collaboration
- Executive and Manager coaching
- New Leader Development
- Communication and feedback training
- Hybrid and remote team engagement
- Building trust and accountability
- Navigating workplace change and stress



Who We've Worked With



Take Flight Learning

BLUELINX



cencora

WETA

MILLER
COOPER
& Co., Ltd
ACCOUNTANTS AND CONSULTANTS

Executives, People Leaders
High Potential Leaders/Managers
Start Ups, Non Profits, Tech Firms
Education, Healthcare, Construction Firms
Finance, HR, and Marketing Teams
Legal & Compliance
Creative Teams, Journalists, Librarians
Hourly Staff
Customer Service Representatives

DISCover Your Style

LET AEJ CONSULTING GIVE YOUR LEADERS THE TRUE INSIGHT
TO LEAD TEAMS BETTER TODAY!

How It Works

The team completes a 10 minute online assessment.

Bring the team together for the learning engagement session.

Learn your own style and how all 4 styles interact, engage, perform under stress, and more.



Topics Covered

- **Communicate with clarity and confidence** so your message lands the right way with individuals, teams, and cross-functional groups.
- **Delegate in a style-smart way** that inspires ownership, action, and accountability; no micromanaging, no guessing.
- **Give and receive feedback effectively**, using approaches tailored to each personality style, even in uncomfortable or high-stakes situations.
- **Understand how each style shows up** in delegation, stress, conflict, collaboration, social settings, decision-making, and more allowing leaders to adapt in real time.
- **Reduce social friction and misunderstandings** by improving team awareness, emotional regulation, and everyday working relationships.
- **Strengthen leadership presence** by helping leaders become the kind of leader people trust, follow, and want to do their best work for.

Eligible to Receive

- Personalized Report for all Participants
- Participant Style Guide, Reminder Card & Tools for Follow Up and Practice
- Comprehensive Team Report & Team Dynamics Grid: What Strengths are missing from your team? What are the opportunities?
- Leader understanding of comprehensive style of each of their team members
- Executive and Manager Level Coaching Resources & Follow Up
- Group Coaching for Emerging Leaders
- Copy of *Take Flight: Master the DISC Styles to Transform Your Career*

Ideal For

Team Off Sites | Team Building | Kick Off for Leadership Development | New Manager Development | Manager Coaching Cohorts | Executive Coaching



DISCover Your Style

CAREER & LEADERSHIP DEVELOPMENT
TEAM DYNAMIC PROGRAMS

Consider for Your Team

- Number of participants
- Location
- Engagement Date
- Which teams to participate

Next Steps

Contact us today!

Schedule an overview to
learn more [HERE](#)

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[240-375-7396](tel:240-375-7396)



*Our process for your team engagement event
is simple and fast! Contact us today!*

Get More from AEJ Consulting

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Foundational Program



For Executive
Coaching & Teams



For Upcoming &
New Managers



For Senior Leaders
& Hi Po's



For All People
Managers &
Individuals



For Sales Teams



For Teams