

QuikDiSC Exercise

Often times this game is used as an icebreaker at the start of a class. It is fun and interactive and gets the participants communicating with one another.

Items needed:

→ QuikDiSC Card Game (1 box for every 5 participants)

Here are the instructions:

1. Shuffle the cards together
2. Randomly deal 5 cards to each participant
3. Of the 5 cards, each person should choose 3 that **MOST** describe him or her
4. The other 2 cards should be left, face up, on the table
5. With his or her 3 remaining cards in hand, the participants should mingle with others and try to swap cards to end up with 3 cards that truly describe him or her. For example, if I have the cards sociable, adventuresome, and fact-finder, but I don't really think adventuresome describes me, I would try to find someone looking for adventuresome and has a card that I believe describes me better.
6. If people are unable to find cards that describe them by exchanging with others, they may also exchange cards lying on the table (those that were discarded by other participants). However, if they pick one up, they **MUST** discard one of theirs.
7. Once everyone has his or her 3 descriptor cards, each person will select 1 card (probably the one the most describes them), and tell the rest of the class why he or she chose that particular card. An additional step that we used in this group is to also tell everyone one potential strength of this card and one potential weakness.

The objectives of this exercise are to get the participants acquainted, comfortable with one another, and also to open the doors for effective communication. I believe this is done by the last part of the exercise, which is telling a strength and weakness of your behavioral trait. This creates a vulnerability, which can help to open up lines of communication between people.