



"It's personalities that change the world – not programs."

Erik Leibundgut, Managing Director GAF

The 90-Second Self-Assessment

Boost your social skills

We at GAF are convinced that the key and the way to success is found in the interaction with other people.

Technology, economic conditions, and social trends are shifting with increasing speed. The only really constant factor is the human being and their personality.

For that reason GAF works with, among other tools, the DISC model. We utilize this tool so that you, as the seminar participant, can identify your strengths and assess and understand the people around you better. DISC stands for

- **Dominance**
- **Influence**
- **Steadiness**
- **Conscientiousness**

People who know their strengths, and have learned to deal with limits will reach their goals with the resources at hand. They also learn how to judge a critical situation or conflict, and subsequently act in confidence. We all desire to understand others and to be understood.

On the backside you will find your copy of The 90-Second Self-Assessment. Please send the form to -> **GAF, Ruth Bollinger, Kirchenweg 4, 8032 Zürich or by Fax +41 (0)44 384 48 90 or to ruth.bollinger@GAF-training.com** and you will receive your evaluation within one week. All personal information will be handled confidentially.

First name / last name

Company

Position Dept.....

Address

ZIP City

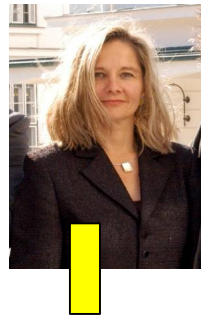
Phone Date of birth

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The 90-Second Self-Assessment

- ① Picture yourself in a situation in your work environment. It should be as concrete as possible.
- ② Now choose the word you feel describes you best from the four adjectives in row A. Write the number 4 in the box in front of the word you chose. Give the other words in row A the numbers 3, 2 and 1 in descending order. 1= "the least accurate".
- ③ Assess rows B to J by following the same pattern.
Important: each number can only be used once per row.
- ④ Now add the numbers in each column and write the totals in the corresponding boxes.
(Check: overall total = 100)



A	egocentric	enthusiastic	passive	perfectionist
B	direct	gregarious	patient	accurate
C	daring	persuasive	loyal	fact-finder / logical
D	domineering	impulsive	predictable	diplomatic
E	demanding	emotional	team-person	systematic
F	forceful	self-promoting	serene	conventional
G	quick	charming	amiable	mature
H	adventuresome	influential	complacent	careful
I	decisive	pleasant	inactive	restrained
J	inquisitive	sociable	relaxed	high standards
	<input type="text"/> total D	<input type="text"/> total I	<input type="text"/> total S	<input type="text"/> total C

© Write your address on the frontside of this sheet, and send your filled-in 90-Second Self-Assessment to GAF. You will receive a personal short-evaluation within one week.

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