

Words With Wallop For High D Controlling Others

DISC Behavior Styles: D for Dominance

Outgoing & Task-Oriented

Need: Being in charge of other people

Speak these *words with wallop* to outgoing & task-oriented people who are in charge of other people.

Quotes From Aly Raisman

Team captain of the U.S. Olympic gold medal gymnastics team
Rio, Brazil 2016

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*Acknowledging feelings to give permission for feelings.*

“Before the meet, I go to the girls and tell them how nervous I am.”

*Words With Wallop*

Tell them how you feel about....”

*Entering each competition as if it were a bigger competition.*

“...take competitions like this (gymnastics meet) as if we’re on a national team assignment and we’re in a team competition atmosphere.”

*Words With Wallop*

“Be a role model for doing your best in every situation.”

*Rooting for each other*

“We can do this together.”

*Words With Wallop*

“Cheer for each member of the team/group.”

*Acknowledging that each member of the team had her own way of maintaining focus.*

“I think we’re all doing a good job of trying to help each other survive this. We’re just trying to use each other to keep one another calm.”

*Words With Wallop*

“Respect each person’s way of getting ready for a challenge.”