

The DISC Advantage: *Helping Physicians Lead, Communicate and Thrive*



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At LifeBridge, we offer DISC assessments to physicians in Nebraska at no cost, with personalized interpretations from one of our trained coaches. A DISC assessment is one of the most effective

tools for understanding yourself and improving how you interact with others. It measures four key dimensions of behavior—Dominance (D), Influence (I), Steadiness (S), and Conscientiousness (C)—to reveal how you approach problems, people, pace, and procedures. Whether you're focused on personal growth, leadership development, or better communication, DISC provides insights that can directly enhance your effectiveness and relationships.

The first and most valuable benefit of a DISC assessment is self-awareness. It helps you understand how you naturally think, act, and respond to situations—your communication style, decision-making approach, motivators, and stressors.

For example, if you score high in Dominance, you likely enjoy taking charge and achieving results but may appear impatient or overly assertive. If you're high in Steadiness, you probably value harmony and consistency but may avoid conflict or sudden change. Recognizing these tendencies gives you the power to make intentional choices rather than reacting automatically.

Self-awareness is the foundation of growth. By understanding your natural strengths and blind spots, you can adapt more effectively, manage stress, and make decisions aligned with your personal and professional goals.

Another key benefit of DISC is improved communication. Many workplace and relationship

challenges stem from misunderstandings—we assume others think and respond like we do, but they don't. DISC reveals that everyone has a unique communication style based on their behavioral wiring.

A Dominant person prefers direct, result-oriented conversations; an Influential person thrives on enthusiastic, people-centered dialogue. A Steady individual values calm, supportive discussions, while a Conscientious person appreciates facts, details, and structure. There's no "right" or "wrong" style—it's simply how each person is wired, much like being right- or left-handed.



By learning to recognize and adapt to others' DISC styles, you can dramatically reduce miscommunication and conflict. You'll become a better listener, collaborator, and leader—someone who connects in ways that truly resonate.

DISC also promotes empathy and appreciation for others' perspectives. Instead of labeling someone as "difficult," you begin to see that they operate from a different behavioral style. This mindset shift strengthens relationships both personally and professionally. You start to value what others contribute—like the precision of a high-C colleague or the dependability of a high-S team member. When people feel understood and respected, trust grows and teamwork improves.

Whether you're leading a team, caring for patients, or managing family dynamics, DISC gives you practical tools to connect more authentically and effectively.

DISC also helps you align your environment and energy with your natural style. It explains not only what you do but why you do it—and what energizes or drains you.

If you're high in Influence, you might thrive in collaborative, fast-paced environments. If you're

high in Conscientiousness, you likely prefer time for focused, detailed work. Aligning your surroundings and workflow with your DISC style can boost productivity and reduce frustration.

It also helps you identify and manage stress triggers. A Dominant person might feel tension when progress slows, while a Steady person may struggle with abrupt change. Recognizing these patterns allows you to understand what and why certain situations cause you more stress than others and allows you to solution around it with more insight that is personal to you.

Ultimately, the DISC assessment isn't about labeling you—it's about equipping you to grow. It provides a clear, actionable framework for continuous self-improvement. You can use your results to set

development goals, strengthen weaker areas, and expand your behavioral range. Over time, this adaptability helps you handle diverse people and situations with confidence and ease.

In a world where success depends heavily on emotional intelligence and interpersonal skill, DISC is not just an assessment—it's a lifelong tool for becoming more effective, adaptable, and fulfilled.

Through LifeBridge, this valuable resource is completely free for physicians in Nebraska. The process includes an introductory call, the online assessment, and at least one personalized coaching session to review your results—more if you'd like.

What do you have to lose?



Are you a physician looking for coaching?

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