

Introduction



What is a DISC Assessment?

DISCflex[™] assessments are used to evaluate your overall behavioral tendencies. By completing a DISCflex[™] Assessment you reveal the elevations of four DISCflex[™] Factors - Dominance, Influence, Steadiness, and Compliance, on a scale from 0-100. Based on those DISC Factor scores, we came up with DISC Patterns to quickly identify which factor(s) you display most often. Please note: there are no right or wrong answers and there is no perfect score or pattern!

Let's quickly define what DISC stands for before we delve into the details.

Dominance is your need for **control** and your source of **ambition**. Whenever you are feeling self-motivated, you are using your 'D' factor.

Influence is your need for **communication** and your source of **persuasion**. Whenever you are feeling talkative, you are using your 'I' factor.

Steadiness is your need for **planning** and your source of **thoughtfulness**. When you go out of your way to help someone, you are using your 'S' factor.

Compliance is your need for structure and your source of organization. When you become extremely focused on completing your tasks, you are using your 'C' factor.

Goals

This report will assist you in uncovering your strengths and will provide ways to mitigate your weaknesses. The report will provide valuable Coaching Advice on how best to "become a chameleon on a rainbow," being able to adapt to any professional situation. The goal is to provide you with a complete guide to understanding your behavior. The DISC eLearning was designed to help you practically apply what you have learned. It is a good idea, therefore, after you become more knowledgeable by going through the course materials, that you should retake the assessment.

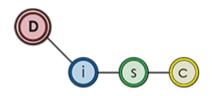
Flexing Your Behavior

Once you have read your report and become familiar with your behavior style and how it can affect the people around you, the next step is to start flexing. Flexing refers to internally monitoring your behavior and choosing how you interact or react to situations. For example, an extrovert may need to "dial down" their Influence factor and talkative impulses during a meeting to make sure the team stays focused on the task at hand. While an introvert may need to "dial up" their Influence factor during a meeting to make certain that their views and opinions are heard and taken into account. Flexing refers to the conscious adjustment in behavior, whereas the term *morphing* refers to the change in your natural behaviors over time due to flexing.

Disclaimer: The intent of this report is that it is not to be used for hiring decisions, nor is it appropriate for decisions regarding promotions or any other performance-based inquiries. This report can be used for professional development recommendations in tandem with our patent-pending eLearning, coaching and training solutions, as well as for Blended Learning.

Summary & Scores



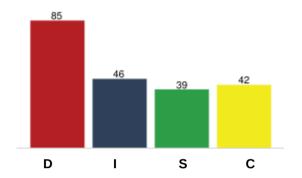


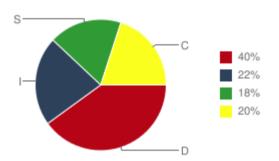
My DISCflex™ Pattern

You have an elevated Dominance pattern. You are strong-willed, self-motivated, and determined by your actions. You like to be in a leadership role and will typically take charge and make decisions very quickly.

What does that mean?

You love to be constantly challenged and rely on your decision making to solve problems. You are able to initiate action and lead others by taking charge. Routines bore you and you strive to accomplish your own vision. You can challenge others thoughts or ideas and are not afraid to argue your point of view.





Compare your behaviors

Looking at the big picture, you are able to see your behavioral style is governed most by your Dominance Factor. The pie chart indicates a clearer overall picture - a snapshot - of all four factors in your behavioral pattern. When you compare and contrast the bar

versus pie chart to your coworkers, you can gauge your behavioral style's strengths and weaknesses, enabling you to see what things separate your actions from others. You can use this to recognize how to incorporate behaviors in the different situations you come across in life.

Strengths Determined Self-governing Straightforward Pioneering

Potential Challenges

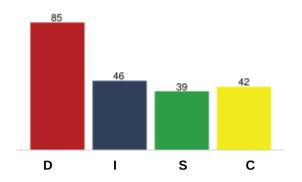
Focus
Giving up control
Prioritization
Deciding too quickly

Motivators & Stressors



Motivators

Ready to get motivated? We've highlighted some key things that get your blood pumping. You will find that some of these motivators happen on an unconscious level. Use these to explore other motivators you have within yourself and that guide you to certain decisions and actions.





- Results
- Challenges
- · Being the leader
- · Making decisions
- Being able to work at a guick pace
- · Multi-tasking

Stressors

When you get angry or frustrated, it's due to one of your stressors. This list provides some of the deeper stress factors that happen in your brain and cause you to act in a negative manner. When you let your stressors get to you, always know that you are at risk of causing conflict within yourself and your relationships with others. Understanding your stressors can help you prevent this.



- Rules
- Details
- · Not being in control
- Relying on others
- Roadblocks
- Maintaining Organization

Sub-factors Overview



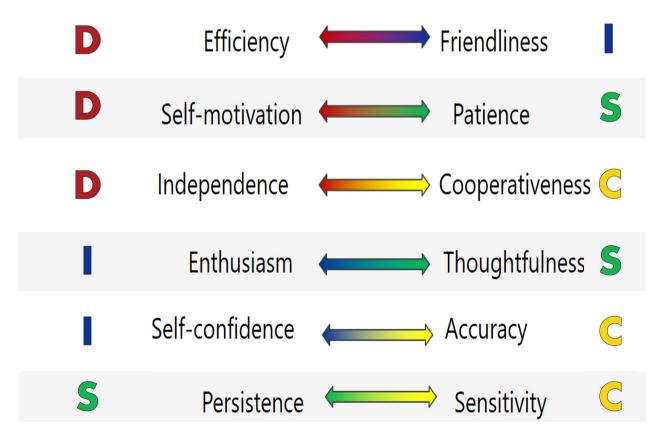
Introduction to Sub-factors

DISCflex Sub-factorsTM describe the relationship between two DISC Factors. Simply put, a Sub-Factor is your natural tendency to use one DISC Factor over another. There are 12 Sub-Factors on 6 different specturms (see below). Each Sub-Factor Spectrum is made up of two strengths, one for each DISC Factor being measured. The larger the gap between your scores for the two Factors, the harder it might be for you to flex from your Driving (natural) Factor to your Opposing Factor.

Flexing your behavior to focus more on one side of the Spectrum may require you to consciously focus less on the other side. For instance, to become more *efficient*, you may have to focus on giving up some *friendliness*, and vice-versa. Your focus can (and should) change situationally, whether intentionally or unintentionally. The goal is to be aware of your natural tendencies and be able to intentionally adjust your behavior to whichever Factor would provide a more beneficial outcome.

Before looking at your results on the following pages, take a look at the 6 spectrums and figure out which end of each spectrum you lean towards most often. Circle the 3 skills that are easiest for you, and put a star next to the 3 skills you need to work on most. If you feel you can use both skills interchangeably, put a circle in the middle of the spectrum. Then see how your results compare to your assessment results on the following pages.

The 6 Sub-Factor Spectrums



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First Sub-factor



Driving Sub-factor

Self-motivation

With your Dominance factor greater than your Steadiness factor, this gives you the Subfactor Self-motivation. You always like to be on the move and think of ways to get things done. By creating new plans and ideas, you do not need other people to tell you what to do because you are the one that looks to take action.



- Active
- Energetic
- Forceful
- Creative
- · Full of life
- Lively

Opposing Sub-factor

Patience

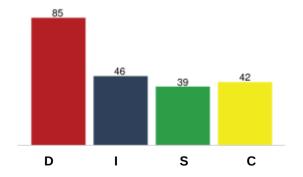
Patience is the opposing sub-factor to Self-Motivation. Sometimes it is a good idea to step back, assess the situation, and gather feedback from others before moving forward. Be sure to "Dial Up" your S Factor in order to listen and think objectively before taking action.



- Anticipate when you might become impatient. Visualize yourself as a patient person.
- Calm down and rationalize the situation, look at the big picture.
- Empathize with people around you.
- Prepare a plan for when patience is needed.
- Remember that good things take time to happen.
- Find your patience patterns and recognize your triggers.

Your Scores

Take another look at your scores. The greater the gap between two factors, the harder it will be for you to flex from your Driving Subfactor to your Opposing Sub-factor. The more you practice dialing up your opposing factor the easier it will become to situationally flex. The goal is to utilize the appropriate behavior depending on any given situation.



Second Sub-factor



Driving Sub-factor

Independence

With your Dominance factor greater than your Compliance factor, this gives you the Sub-factor Independence. You take pride in being able to accomplish things on your own. You act as a visionary by being able to create your own rules and ways of doing things.



- · Self-determined
- Objective
- Free
- · On your own
- Private
- Self-reliant

Opposing Sub-factor

Cooperativeness

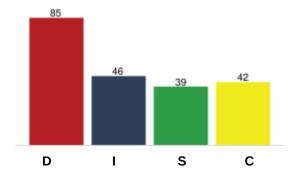
Cooperativeness is the opposing sub-factor to Independence. Working independently is good, but be sure that you are keeping the big picture goals of your team or organization in mind. "Dial Up" your C Factor to ensure you are cooperating within established standards and with the appropriate parties.



- Be positive about what you can achieve with other people.
- Be enthusiastic about working together.
- Make sure everybody understands why you're cooperating.
- Set ego aside and focus on team goals.
- Open the lines of communication and have mutual respect.
- Be accepting of others and changes that happen. Build trust by being open.

Your Scores

Take another look at your scores. The greater the gap between two factors, the harder it will be for you to flex from your Driving Subfactor to your Opposing Sub-factor. The more you practice dialing up your opposing factor the easier it will become to situationally flex. The goal is to utilize the appropriate behavior depending on any given situation.



Third Sub-factor



Driving Sub-factor

Efficiency

With your Dominance factor greater than your Influence, this gives you the Sub-factor Efficiency. You are driven to accomplish your task the most effective way possible. You are able to focus on the project at hand and will not be distracted by personal aspects of a situation.



- Productivity
- Performance
- Effective
- Know-how
- Organized
- Competency

Opposing Sub-factor

Friendliness

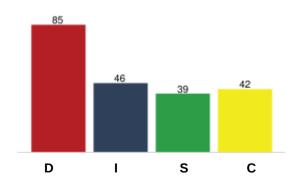
Friendliness is the opposing sub-factor to Efficiency. You may need to focus on building better relationships. When you are stressed and in "work mode" don't forget to be polite to those around you. "Dial Up" your I Factor to the proper level of friendliness that the situation calls for.



- Engage in conversation and listen more than you talk.
- Be positive when you talk to people.
- Invite people to spend time with you.
- Remember the Golden Rule.
- Practice humility.
- Be genuinely interested in learning from and about other people.

Your Scores

Take another look at your scores. The greater the gap between two factors, the harder it will be for you to flex from your Driving Subfactor to your Opposing Sub-factor. The more you practice dialing up your opposing factor the easier it will become to situationally flex. The goal is to utilize the appropriate behavior depending on any given situation.



Third Party Introduction



Why is 3rd-Party Feedback Important?

3rd-Party Feedback is an important tool that helps you better understand your relationship with others. Seeing how other people view your behavior can help you identify "Blind-Spots" in your behavior. Your self-perception can be skewed to reflect how you would like to believe you act, but gathering feedback from others can confirm or contradict your self-perception. Using this infomation, you can take a step back and try to understand why others might see your beahviors the way they do.

How does 3rd-Party Feedback work?

Your 3rd-Party Assessors are asked to take a 22 Question Assessment about your behavior. The information on the following 3rd-Party Pages is based on the feedback provided by your assessors. If only one person completed the assessment (within each group) you will see only one person's opinion, but if two or more people have taken the 3rd-Party Assessment you will see the aggregate of their responses. The 3rd-Party Results paint a picture of how people percieve you that will get clearer with more people's feedback.

How do I invite more 3rd-Party Assessors?

You can invite additional 3rd-Party Assessors anytime by logging into your User Account and clicking the "Invite 3rd-Party Guests" button. Download your report again to get the latest 3rd-Party Results.

Why are there 3 different groups?

We break the feedback into 3 different groups to see how you behave in different environments. For example, some people behave very differently at work than they do at home, and that's okay. The important thing is to use this feedback to "look in the mirror" and see if other people perceive you the way you want to be perceived, and taking steps to adjust your behavior when there are discrepencies.

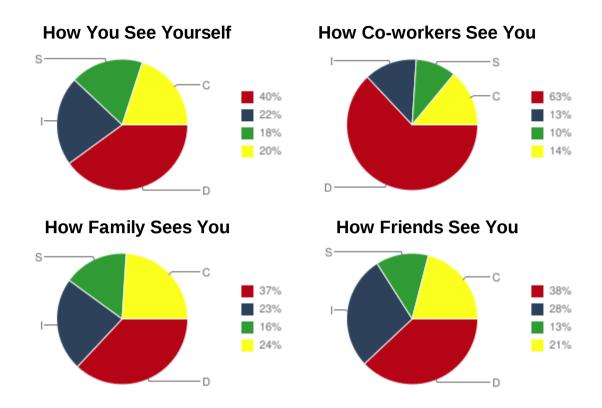
You will have the option to mark each assessor as a Co-worker, Family, or Friend. Be sure to classify your 3rd-Party Assessor into the correct group to get the most accurate information in your report. If a person fits into more than one group, simply select the best fit for the individual and their results will populate into that group's results.

Do the 3rd-Party Assessments affect my whole DISCflex Report?

No. The feedback we gather from 3rd-Party Assessors will only affect the 3rd-Party Pages of this report. The rest of this report is based soley from your self assessment results.

Third Party Overview



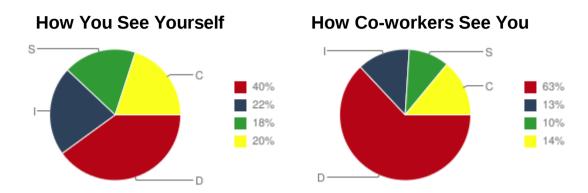


DISC Factor	Self- Perception	3rd-Part Perception		Variances	% Difference
		Co-workers	100	15	15%
Dominance	85	Family	85	0	0%
		Friends	87	2	2%
		Co-workers	20	-26	130%
Influence	46	Family	54	8	15%
		Friends	64	18	28%
			16	-23	144%
Steadiness	39	Family	37	-2	5%
		Friends	29	-10	34%
		Co-workers	24	-18	75%
Compliance	42	Family	54	12	22%
		Friends	49	7	14%

Third Party Results - Co-workers



3rd-Party Details - Co-workers



DISC Factor	Self-Perception	Co-workers Perception	Variances
Dominance	85	100	15
Influence	46	20	-26
Steadiness	39	16	-23
Compliance	42	24	-18

How Co-workers May Describe You

Your co-workers have indicated that you have an elevated Dominance pattern. You are strong willed, self-motivated, and determined in your actions. You like to be in a leadership role and will typically take charge and make decisions very quickly.

How Co-workers might describe your Strengths and Challenges...

Strengths	Potential Challenges
Determined	Focus
Self-sufficient	Giving up control
Free Spirited	Prioritization
Innovative	Deciding too quickly

^{**}It is important to note that your 3rd Party Assessors did not select any of these specific adjectives during the assessment process, so take this feedback 'with a grain of salt'.**

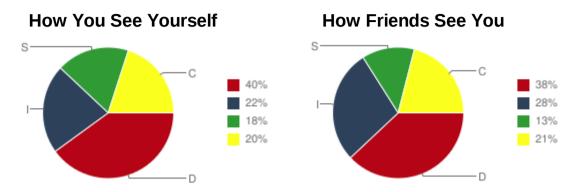


PLEASE INVITE OTHERS IN ORDER TO SEE THE VARIANCE

Third Party Results - Friends



3rd-Party Details - Friends



DISC Factor	Self-Perception	Friends Perception	Variances
Dominance	85	87	2
Influence	46	64	18
Steadiness	39	29	-10
Compliance	42	49	7

How Friends May Describe You

Your friends have indicated that you have an elevated Dominance pattern. You are strong willed, self-motivated, and determined in your actions. You like to be in a leadership role and will typically take charge and make decisions very quickly.

How Friends might describe your Strengths and Challenges...

Strengths	Potential Challenges	
Determined	Focus	
Sociable	Giving up control	
Spontaneous	Prioritization	
Creative	Deciding too quickly	

^{**}It is important to note that your 3rd Party Assessors did not select any of these specific adjectives during the assessment process, so take this feedback 'with a grain of salt'.**

Overview of Sub-Topics



Report Sub-Topics

Susan, we all use each of the four factors in different ways. Based on your DISCflex scores we can make educated guesses on how you might respond in different situations and environments. Next, we will take a look at each of the Sub-Topics listed below and discuss your behavior. The information on each page is written specifically to you based on your DISCflex Scores.

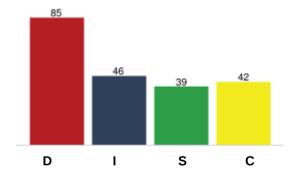
These Sub-Topics are:

- · What You Say to Yourself
- · What You Say to Others

- How You Make Decisions
- How You Set Goals

Take your time reading through each, and pay special attention to the **Advice**, **Tips**, and **Warnings**.

Your Scores:



What You Say to Yourself



We need to first explore what you say to yourself in your head (Self-Talk).

We all talk to ourselves, give ourselves motivation, criticize our actions, and even sometimes yell at ourselves. How you speak to yourself will determine how much success you achieve in your life.



Richard Branson, official cool guy of the business world, has a great quote that shows how powerful his self-talk is:

"My biggest motivation? Just to keep challenging myself. I see life almost like one long university education that I never had - every day I'm learning something new."

Mr. Branson doesn't let adversity or failure keep him down. He doesn't let other people tell him that he isn't good enough or that his ideas will not work. Negative self-talk, to Mr. Branson, is not an option! But enough about Mr. Branson, let's talk about the most important person in your life: you.

Your 'D' mode will have an effect on this because of your natural state of positive thinking. This is fantastic because it means you can see the constructive side of the criticism and how it could help you.



Warning: When you are stressed, it's harder for you to see the positive side of criticism. Be careful, your natural response could harm your friendships and relationships with others.

The opinions of other people don't affect you as much as most.

Sure it may bug you if someone you like says something, but it won't last or affect how you think of yourself. Take a second and imagine that someone told you that you weren't very good at something you really loved to do? How hard would you be on yourself?

So far in your life, you've had people talking to you about who you should be, what you should do, and how you should do it, but you generally rely more on your own ideas and interests rather than the expectations of your family and teachers. Very soon, your parents won't be there to tell you what to do. That may sound great, but it puts the responsibility on you to think about your next move.



Organizing your mind is the first step towards positive self-talk.

That is not something you take the time to do. Get organized by writing any negative self-talk you may have throughout your day in the margins of your notebook. Things like "I can't" or "I'm bad at math" can really affect you in a negative way if you let them build up inside you.

What You Say to Others



In your life, there are very few things more important than how you interact with others.

Building relationships is an important part of life and learning how to use the DISC factors will help you in many ways, from finding a girlfriend/boyfriend that is right for you, receiving a job offer, and enjoying a happy and loving family. You alone are responsible for what you get out of life. The secret is learning how to improve what you say to others.



Relationships mean a lot to you, which is why you select who to have them with.

You carefully select the friends and often become wary of letting people in on your preferences without knowing them well. It takes more time to build a relationship with you because you are often more guarded with people when you initially meet them.



You are a little more of a risk-taker than some of your friends when it comes to meeting and getting to know people. You are more willing than others to hang out with someone new or a new group of people without feeling overly nervous or worried about what others will say.

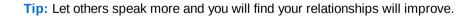
Advice: Make sure you are hanging around people that are improving your life.

This often requires going into your fearless 'D' mode or logical 'C' mode to figure out if a friend or classmate is really making your life better. If they are, then learn more from them. If they aren't, it may be time to part ways.

You tend to have selective hearing when listening.

Unless you are interested in what someone else is saying, you often only hear what you want to hear. This can hurt your relationships because of how you respond to people as a result.

Responding to others is your strongest area and you are quick on your feet when it comes to an answer or just plain conversation. This often puts you in a leadership role because you like your opinions to be heard loud and clear.





You should move your hands to let your mind calm down and focus.

If you're in class when you lose focus, you might try putting a rubber band around your wrist that you can fiddle with under the desk. If you are just having a conversation, you might want to try to think of a follow-up question based on what the speaker says, or try to predict what she will say next.

How You Make Decisions



When you recognize **how** you make decisions, you can determine your strengths and weaknesses and work on making better decisions. You make choices every day that have an effect on your future.



You like to know why decisions are being made before you agree to them,

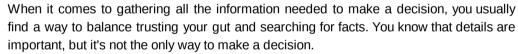
But not if it means spending a lot of time figuring out which decision should be made. Because of this, your friends and family might describe you as impatient, which isn't always a bad thing. Being able to make a decision quickly is a great ability to have... sometimes. However, think back to a time when you made a quick decision that backfired on you. Would you have made a better decision if you had waited a little longer?

Next time you are faced with several options, take a minute to think about which one would work best.

As you try to pick the best option, you would rather keep it to yourself and only ask others for advice when you feel like you really need it. This isn't a bad thing; just make sure that you actually seek help from a friend or a trusted adult when you need it.

When decisions need to be made, you prefer to make them quickly.

You are confident in your decision and don't like to spend a lot of time thinking over the details, which is a great strength to have.





You also don't spend a lot of time thinking about how your choices will affect other people—unless you have a solid relationship with them. Your natural instinct helps you make your decisions quickly, but you need to learn to be aware of how your choices affect other people.



You like experiencing new things and the changes that come with life.

Be careful that you don't let your love for change lead you down the wrong road. Remember to take a step back and really think about a decision before you follow through with it. Selling your furniture in your room to get the money to go on a summer trip may seem like a great plan but your parents might think otherwise.

Something else that will have an effect on your risk-taking is how much you trust your gut instinct. You do a solid job of balancing instinct with fact. Not everyone can do this and it helps to keep you calm when making decisions—both now and as you get older.

How You Set Goals



You strive for results and you try to be as efficient as possible.

It's important for you understand that goal setting will play a pivotal role throughout your life. Setting goals may seem easy, but if you don't set goals properly, you will find it hard to achieve them. Your dreams are your goals, whether it is to be a famous singer, a doctor, a professional athlete, or just to earn good grades this year.



You are good at moving from one thing to another, but you get sidetracked easily. You can minimize those distractions by focusing on your priorities. Put together a list of your goals and rank them from most important to least important. Once you've done that, stay focused on your number one goal.



You rarely ask for help when setting goals.

Something that will help you reach your goals is asking for help and advice from someone you know and trust. Finding a mentor who understands what you're trying to do can be the difference between being successful and being frustrated. Stepping out of your comfort zone by asking for advice might help you see things that you had overlooked and ultimately make your life easier!

You chase goals while they are still available.

You understand that when you set goals, windows of opportunity are only open for so long, so you better get started! We all tend to overestimate what we can do in one day, but underestimate how much we can do in a week. Plan accordingly, since you also know that any goal can run into problems if you take too long to complete it. This attitude will help you catch those goals before they slip away.



The downside to the way you approach your goals:

You have most likely experienced the frustration of having a goal in mind and getting sidetracked by little tasks that don't seem like much, but in the end, you look back and never actually accomplished what you set out to do (e.g., you have the perfect font, nice paper, and great clip art, but no written project).

Defining DISC Quick Reference



Dominance Influence Focus: Focus: Strengths: Strengths: Efficiency Socialization Communication Determined Deadlines Consultation Motivated Cooperation Assertiveness Synergy levels **Extroverted: Ambitious** Negotiation Assertive Facilitation Visionary Independent Motivators: Motivators: Social Results Public acceptance Self-motivated **Potential Challenges: Potential Challenges:** Persuasive Authority Praise Argumentative Rely on gut instinct Politically astute Multi-tasking Teamwork Poor time management **Emotional** Challenges Friendly environment Overbearing Lack attention to detail Social interaction Controlling Stressors: Stressors: Rules Being confined by details Isolation Making decisions individually Task-oriented: People-oriented: Organized Persuasive Accurate Charming Disciplined Kind Well-prepared Influential Keeps to self Outgoing Guarded Charismatic Focus: Focus: Structure Thoughtful actions **Planning** Dependability Strengths: Strengths: Analyzing information Observation Relationship building Organized Inquisitive thinking Structured Sincerity **Motivators:** Introverted: Even-tempered Trustworthiness Motivators: Organization Accurate Focused Reliability Patient Clear guidelines Clear responsibilities Calm Individual Recognition Steady pace Logical Potential Challenges: **Potential Challenges:** Conflict-free environment Technical Team atmosphere Lack big picture focus Resistant to change Practical Peer recognition Uncomfortable w/change Aversion to feedback Stressors: Stubborn Passive aggressive Stressors: Unclear expectations Lack of details **Quick Changes Steadiness** Harsh feedback Compliance

Dialing DISC Quick Reference



How to Dial Up & Dial Down

DOMINANCE

Don't say it. Do it!

Set goals

Use the subconscious mind

Try something new

Watch the leader

Act quickly
Take risks
Change your pace
Be the leader

INFLUENCE

Control and monitor your self talk

Be enthusiastic

Learn to mirror and match

Extend invitations to others

Work on teams

Talk to people

Get others' opinions

Become more convincing

Practice public speaking

STEADINESS

Stick to what you're doing (commitment & consistency) Have a purpose when you speak Plan

Define what you're doing (responsibilities, accountability and authority) Eliminate distractions

COMPLIANCE

Prioritize your tasks
Structure your day
Know the guidelines
Create appropriate quality
standards

Plan a major project
Outline the boundaries
Ask an expert (or
perceived expert)
Refer to the instructions

DIAL UP

DIAL DOWN

DOMINANCE

Take a time out
Listen to others
Let others speak for
themselves
Wait to provide feedback
Follow the rules
Think through situations
Get one task completed
at a time
Put some energy into
building trust with others

Let an argument go Review your biases Let someone else lead Ask what you can do for others

INFLUENCE

Close yourself off from interactions during certain times of the day
Say what you need to say once (avoid repeating yourself)
Let others talk
Do what you can for your team without asking
Find the root cause

Let things happen
Concentrate on following
through
Translate ideas into an
implementable action plan
Watch out for biases

STEADINESS

Be efficient
Forgive and forget
Try something new
Take a calculated risk
Be open to change
Be flexible

Think about the most important aspects of your life Take a break Find a mentor Become more task-oriented

COMPLIANCE

Be open minded

Question why people create

rules (including benefits and consequences)
Speak up
Be creative
Take calculated risks
(and make decisions)
Change your routine
Learn rapport building
techniques

Confront your biases
Take initiative
Focus on behaviors
Look at the big picture

DISCflex™ Quick Reference



	DOMINANCE	INFLUENCE	STEADINESS	COMPLIANCE
Strengths	Determined Motivated Ambitious Visionary	Social Skills Influence & communication Cooperation Negotiation & facilitation	Build strong relationships Sincerity & trustworthiness Reliable Logical	Organized & structured Even-tempered Focused Responsible
Potential Weaknesses	Argumentative My way or the highway Overbearing Controlling	Reliance on gut instinct Insecure Lack attention to detail May let deadlines slip	Resistant to change Dislike giving or receiving feedback Passive-aggressive Possibility to be self-absorbed	Lack big picture focus Uncomfortable with change Confined by procedures Stubborn
Motivators	Results Authority Multi-tasking Challenges	Acceptance & praise Peaceful & friendly environment Working with others Social situations	Clear responsibilities Steady pace Group environment Recognition	Organizational effectiveness Defined tasks/responsibilities Recognition & reassurance Conflict-free environment
Stressors	Inaction Rules No decisions being made Being confined by details	Isolation Lack of communication Making decisions individually	Quick changes Harsh feedback Taking sudden action Unclear communication	Insufficient planning Multi-tasking Not knowing expectations Lack of detail or information
Communication Style	Important information only No idle chatter Big picture focus	Discussing information Talking through options Brainstorming	Prefer meaningful communication Status updates Thoughtful dialogue	Details and logical answers Cover all possibilities Clear expectations
Decision Making	Quick to decide & act Comfortable with risks Decisions are based on the big picture Prefer authoritative decisions	Receive feedback from others before acting Rely on gut instinct Prefer to know how others would act Prefer consensus decisions	Prefer practical options Hesitant to act Need contingency plan Prefer ad hoc decisions	Focused on facts rather than feelings Prefers to get all the facts Prefer fact-finding over making the final decision Prefer rational decisions