

Cooper Consulting Group Expands DISC Workshop Portfolio to Help Leaders and Teams Communicate, Collaborate, and Perform

Cooper Consulting Group expands customized DISC workshops to help organizations improve communication, resolve conflict, and strengthen teams.

SAN JOSE, CA, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- [Cooper Consulting Group](#), a leadership development firm with more than 45 years of combined training experience, today announced the expansion of its DISC-based workshop programs for organizations seeking stronger communication, reduced conflict, and more cohesive teams.

The expanded DISC workshops help participants understand their behavioral styles and recognize how those styles influence the way they interact with colleagues, manage stress, make decisions, respond to change, and resolve conflict. Organizations use the programs to improve team dynamics, develop first-time managers, strengthen leadership pipelines, and build a healthier, more productive workplace culture.

"DISC gives teams a shared language for communication," said Dr. Christie Cooper, CEO and founder of Cooper Consulting Group. "When people understand their own style and the styles of the people around them, they stop guessing and start working together more effectively. That self-awareness is the foundation of nearly every leadership and team improvement we help clients achieve."

BUILDING A FOUNDATION OF SELF-AWARENESS



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Leadership Development

Cooper Consulting Group's DISC workshops begin with the idea that professional development starts with personal development. Participants complete an Everything DiSC® assessment and then work through facilitated exercises that bring the results to life. The sessions are not lectures. They are interactive experiences designed to create "a-ha" moments and practical takeaways that attendees can use immediately.

The firm offers core DISC programs for individual contributors, managers, and executives, as well as targeted add-on modules that apply DISC insights to specific business challenges. Popular offerings include "Building a Better Workplace Using DISC," "Developing More Cohesive Teams," "Communicating with Influence using DISC," "The Art of Sales: Using DISC for Sales Professionals," and "Positively Managing Change Using DISC."

Each workshop is customized to the client's goals, culture, and current challenges. Facilitators work with leadership before the session to understand what the team needs most, then tailor discussions, examples, and action plans accordingly.

DISC IN ACTION: COMMUNICATION, CONFLICT, AND CHANGE

Communication is the most common reason teams struggle, and DISC directly addresses it. Participants learn to recognize whether a colleague prefers direct, analytical, enthusiastic, or steady communication and then adjust their approach for better results.

The firm's conflict-focused DISC workshops, including "Productive Conflict: Turning Difference into Results with DISC" and "Adapting to Conflict," help teams move beyond avoidance or escalation. Participants learn to understand the triggers and reactions associated with each style so they can address disagreements constructively.

Change management is another area where DISC creates immediate value. The "Positively Managing Change Using DISC" workshop helps leaders understand why different people respond differently to uncertainty and gives them practical tools to guide teams through transitions with less resistance and more buy-in.

A TEAM OF CERTIFIED FACILITATORS

Cooper Consulting Group's facilitators hold certifications in DiSC®, Myers-Briggs Type Indicator® (MBTI®), Hogan Assessments, TKI Conflict Modes, EQ training, and other leading assessment tools. This depth allows the firm to integrate DISC insights with broader leadership, conflict-management, and team-development initiatives rather than treating behavioral awareness as a standalone event.

"Organizations do not need another off-the-shelf training day," said Dr. Cooper. "They need development that connects to their real work. Our certifications and experience let us combine

DISC with the other tools a team needs to move from awareness to action."

RESULTS THAT LAST

Organizations that have worked with Cooper Consulting Group report improved communication, stronger leadership, better employee retention, reduced stress, and a more positive culture. Case studies from clients such as Brandetize, MMS / CalMed Hawaii, and Brault are available at cooperconsultinggroup.com and illustrate how facilitated workshops translate into measurable business outcomes.

Whether delivered in person, virtually, or through self-paced options, Cooper Consulting Group's DISC workshops are designed to create lasting behavioral change, not just a single positive experience.

ABOUT COOPER CONSULTING GROUP

Cooper Consulting Group helps leaders and teams reach their highest potential through workshops, coaching, consulting, and certifications. Founded by Dr. Christie Cooper, the firm works with organizations nationwide to inspire learning, develop authentic leaders, and leave companies better than they were found. The team specializes in assessments and development tools including Everything DiSC®, MBTI®, The Five Behaviors®, and emotional intelligence programs.

For more information about DISC workshops, visit <https://cooperconsultinggroup.com/workshops/> or call 1 (888) 688-9259.

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Media Contact:

Cooper Consulting Group

info@cooperconsultinggroup.com

1 (888) 688-9259

<https://cooperconsultinggroup.com>

Dr. Christie Cooper

Cooper Consulting Group

+1 877-461-1020

[email us here](#)

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