ActivTherapy Collective

DECODE

Overview: A practical, low-barrier, self-awareness and behavioural insight workshop designed to help participants understand their behavioural tendencies, recognise emotional triggers, and build the skills needed to respond calmly and confidently in challenging interpersonal and workplace situations. Grounded in the popular DISC Flow model and enhanced with emotional intelligence strategies, participants develop greater self-awareness, confidence, and tools to recognise habitual reactions, regulate emotional responses, and adapt their behaviour under pressure.
The program is fully mapped to Workforce Australia, TTW, and employability capability frameworks, directly supporting provider KPIs. Best of all, it is a zero-lift delivery, we manage all facilitation, workbooks, and reporting.

Onsite delivery options	1 × 4-hour onsite group or 2 × 2-hour onsite group
Online delivery options	6 × 1-hour group online or 6 × 1-hour individual online
Allied health component	Delivered by ACA & PACFA approved counsellors
Onsite group referrals	Minimum 8 billed | Maximum 16 (16+ available with adjusted format/co-facilitation)
Cost per participant	Group: $690 + GST* Online group: $850 + GST Online Individual: $1500 + GST *Onsite group bundle offer: 2 workshops $1200 + GST
Post program commitment	Outcome summary, participation report and certificate

Part 1: What Drives Behaviour? Understanding Individual Style Under Stress
Part 2: From Awareness to Agility. Responding to Interpersonal Stress

Learning Outcomes:

- Understand the four core DISC behavioural styles
- Recognise individual style's strengths and stress responses
- Identify how emotions & behaviour interact under pressure
- Recognise reactive patterns and practise pausing before responding in challenging interactions
- Apply strengths-based reflection to identify patterns of avoidance, withdrawal or reactivity and explore alternative responses

COMPLIMENTARY
Customised Interactive Therapy Resources
Interactive Workbook (Value $60)
Recommended Resources