



High C – Conscientious

Analytical. Precise. Motivated by Accuracy.

Overview

People with a High 'C' (Conscientious) style are careful, methodical, and quality-focused. They strive for accuracy and hold themselves to high standards.

You might be a High C if:

- You are detail-oriented and value rules and structure
- You prefer written communication and research before acting
- You are a deep thinker who notices what others miss
- You are described as exacting, principled, and introspective

Communication Style

High C types are logical, reserved, and data-driven. They prefer thoughtful, clear, and precise exchanges.

Tips for Communicating as a High C:

- Take time to organize your thoughts before speaking
- Be willing to explain your reasoning, not just your conclusions
- Balance analysis with action
- Remember: done is better than perfect

Leadership Strengths

High C leaders bring clarity, quality, and thoughtful systems. They lead through expertise, fairness, and commitment to excellence.

Your Strengths as a Leader:

- You produce high-quality, well-documented work

- You think critically and reduce risk
- You model discipline and follow-through

Potential Growth Areas:

- Avoid paralysis by analysis
- Allow room for others to experiment
- Delegate — even if it won't be perfect

Relating to Other DISC Types

With High D – Dominant:

- They move fast and expect quick answers
- You may feel rushed; they may feel you overthink
- Do: Communicate your need for accuracy
- Don't: Let perfect block progress

With High I – Influential:

- They thrive on people and feelings
- You may find them disorganized; they may find you too serious
- Do: Appreciate their warmth and flexibility
- Don't: Over-correct their spontaneity

With High S – Steady:

- They're patient and reliable
- You may work well together in structured environments
- Do: Clarify processes together
- Don't: Get stuck in analysis loops together

Productivity Strategies

- Build in deadlines to avoid endless tweaking
- Break large goals into detailed steps
- Schedule 'thinking time' to organize priorities
- Use systems to reduce repetitive decisions

Mental Health Check-In

High C types may internalize stress when things feel out of control or imperfect. Protect your focus and energy.

- Let go of what's outside your control
- Talk out your worries with a trusted advisor
- Make time for curiosity without judgment

Final Takeaway

You are a craftsman, a thinker, and a guardian of quality. Your superpower is precision — lead with clarity, not perfectionism.

Now. **Imagine your communication** when your whole team knows their profile strengths and they are shared across departments?

Book a free call at [Futureforth.com/contact](https://futureforth.com/contact) or call [615-823-1608](tel:615-823-1608).

Or scan:

