

Reflecting on Communication

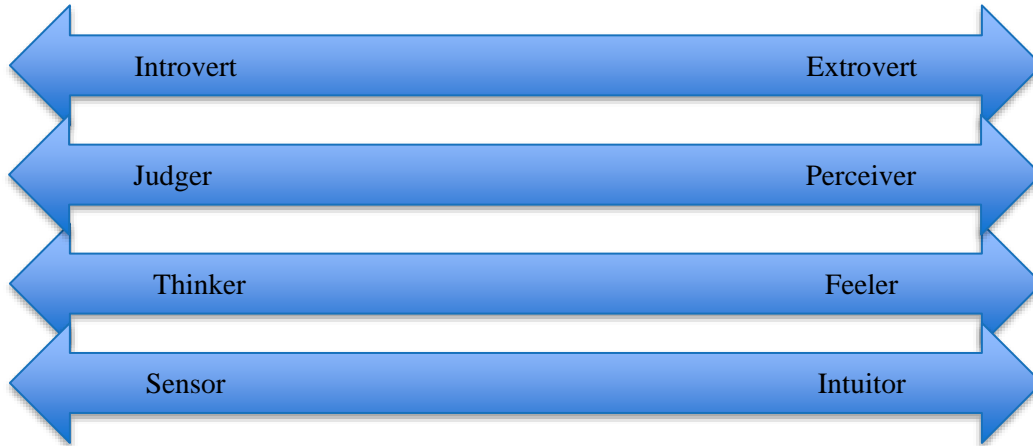
Communication is a vital skill, but not everyone is aware of their communication strengths and needs. Take a few minutes to think about your own communication type and what this means for your work.

Answer these questions:

1. Based on what you read in this lesson, what communication type do you most relate to?
2. What experiences have helped you understand the way you communicate?
3. When do you feel the most energized? What professional experiences are most fulfilling to you?
4. When do you feel most drained? What professional experiences leave you feeling tired?
5. When learning about something new, what information or source do you trust the most?

6. How do you usually solve problems?

7. Based on what you read about communication styles, place an X where you think you fall on each dimension of communication.



8. Now think about a staff member or colleague that you have had a difficult time communicating with. How do you think that person's responses or communication would differ from your own?