

### How your values impact your communication

When we communicate, it is often from a set of core values. When in conversation with another person, we can often obtain clues about these value systems by the words people choose and the focus of their interests. When we can adjust our communication style with the intention of further understanding, we build trust and rapport.

The importance of understanding personality is that it leads to less misinterpretation if used in a way that respects diversity and celebrates strengths.

### Activity 2-2

#### What's my style?

Take a moment to think about some things you believe are communication preferences based on your personality.

The following list of conversation starters may be useful:

What is your preferred method of communicating with co-workers?  
What stops or shuts down communication for you?

To assist your analysis of your personality, watch the video for one interpretation of personality types by following this link:

<https://www.youtube.com/watch?v=JnyCTeKmef0&feature=fvwrel>

Share your observations in the **Discussion 2-2: Communication Personality and Preferences** topic in the Discussions area.