

## How do you like to communicate

For the following statements about communication, select if you agree or disagree based on your own experiences.

|   | Yes | No |
|---|-----|----|
| I love to communicate in an intimate setting, for example one-to-one: |     |    |
| I enjoy communicating in front of a group of people:                  |     |    |
| I like creative problem-solving:                                      |     |    |
| I see myself as a facilitator:  |     |    |
| I focus on the present moment when communicating with others:         |     |    |
| I tend to deliver information as a story:                             |     |    |
| I am results-orientated when participating in meetings:               |     |    |
| I like taking action:   |     |    |
| I'm more productive working alone:                                    |     |    |
| I prioritise developing my ability to work well with others:          |     |    |
| When someone is speaking to me, I'm thinking of my response:          |     |    |

We hope you enjoyed exploring a little more about your communication preferences. The purpose of this exercise was to help you recognise where and how you are most comfortable communicating, and to discover where you are less comfortable. Now that you've had the opportunity to notice where the gaps are for you personally, hopefully you will be more aware when you're next in that setting and might even be prompted to experiment with those areas for improvement.

Go back to the course and reflect on your responses.