



THE COACHING GROUP

COMMUNICATION STYLE

COMMUNICATION IS CRITICAL TO ANY SUCCESSFUL RELATIONSHIP. THINK ABOUT YOUR COMMUNICATION STYLE AND REFLECT ON HOW EFFECTIVE IT IS IN DIFFERENT SITUATIONS. THINK ABOUT THE IMPACT THE WAY YOU AND YOUR PARTNER COMMUNICATE COULD HAVE ON YOUR RELATIONSHIP.

What communication style do you most commonly use?

- When is it most effective?
- When is it least effective?

Think about a recent situation where you communicated effectively.

- What was the situation?
- What communication style did you use?
- Why do you think it was effective?

Think about a recent situation where communication was not effective.

- What was the situation?
- What communication style did you use?
- Why do you think it was not effective?
- What other communication style could you try?

