Maximizing the Potential of Communication Style Differences

Workshop Description:
It is a well known fact that individuals have different preferences and predisposition in communication styles, particularly in stressful conditions. Instead of causing conflict and avoidance, this workshop will help participants understand how these differences can be utilized as a positive force in organizational effectiveness.

Workshop Outcomes:
By the end of this workshop participants will be able to:

- Identify the four typical patterns of communication styles
- Understand the benefits of each style
- Identify their style under both calm and stressful conditions
- Acknowledge the shift as one moves from calm to stress conditions
- Understand the impact of our style on others
- Learn strategies to work effectively with style differences

Workshop Outline:
- Communication style patterns
- Self-assessment
- Style strengths
- Style shifts
- Styles “in excess”
- Working effectively with style differences
- Strategies for growth and development

Learning Approaches:
- Mini-lecture
- Style assessment
- Discussion and interactive dialogue
- Experiential exercises for discovery and practice
- Modeling

Workshop Includes:
- Participant Workbook
- Self Assessment