



Communication Styles

Course Description

This is a practice-oriented workshop designed to help learners navigate the 4 most common communication styles in the workplace. It teaches learners to find value, build rapport, and create communication harmony with those they might find difficult to understand.

Outcomes:

- Learn and navigate the 4 main communication styles
- Identify natural accommodation patterns and transcend them
- Reduce the friction and frustration that happens when differing communication styles interact
- Learn a 5-step process for navigating between any combination of communication styles

Course Outline

Intro to the 4 Styles

- Self-assessment
- All 4 styles in detail, with examples
- Practice: learn to speak and listen with an opposite style

Application of learning

- Avoiding mimicry
- Active listening to gain understanding
- 5 Steps to Communication Hygiene
- Role-play: Apply the 5 Steps of Communication Hygiene

