

Understanding my Communication Styles

We don't all communicate in exactly the same way, and no way is better or worse than another - it's just what you prefer, and what you default to. Read through the following styles and choose your default or preferences.

01

INTERACTION STYLES: How you interact with people when communicating:

Pick your primary interaction style ✓ and also the one you struggle the most with when you are interacting with other people. ✗

Direct: You use a lot of statements (rather than questions) and neutral language.

Collaborative: You like to draw people into a conversation and listen to their input and respond, they like question and answers.

Harmonising: You pay attention to group dynamics and relationships and work to maintain positive connections and maintain harmony.

Energetic: You bring enthusiasm and love dynamic exchanges and generating ideas with others.

Observant and Reflective: You prefer to watch, listen, and think before engaging. Contributes thoughtfully after processing information.

Challenging: You question assumptions and engage with others through debate.



02

COMMUNICATION STYLES: Choose below your tendencies of how you usually try to express yourself. Tick the one from each pair which describes you best.

1 Do you tend to be more:

Direct: You say what you mean clearly and concisely. You value efficiency and straightforward exchanges without unnecessary padding.

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OR

Questioning: You lead a conversation through questions of the other person rather than statements and utilise questions to explore ideas.

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2 Do you tend to be more:

Expressive: You communicate with emotion and energy. You can share feelings openly and use stories or vivid language to convey your meaning.

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OR

Diplomatic: You consider the impact and context of what you're saying carefully. You like to frame your messages thoughtfully, to maintain the relationship, while conveying difficult information.

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3 Do you tend to be more:

Concise: You get to the point quickly and communicate essential information without elaboration unless asked.

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OR

Detailed: You provide comprehensive context and background and ensure nothing important is left out, even if it takes longer.

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4 Do you tend to be more:

Analytical: Focuses on facts, data, and logic. Prefers structured, detailed information with clear reasoning and evidence.

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OR

Storytelling: You use examples and examples to make your point.

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5 Do you tend to be more:

Visual: You think and communicate more effectively with visual aids, very expressive with facial expressions and body language.

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OR

Conversational: You process through talking and like to think 'out loud'.

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6 Do you tend to be more:

Formal: You are careful with language choices and like to maintain a 'professional' tone and structure.

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OR

Casual/Informal: You usually communicate in a relaxed and conversational tone (using humour, colloquialisms, personal touches, and may swear – even in professional contexts).

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