NEXT STEPS

Prioritize three business relationships you want to strengthen and tactical ways you'll tailor your style in order to communicate with these individuals based on their preferred communication style.

RELATIONSHIP #1		
HOW I'LL TAIL	OR MY COMMUNICATION STYLE:	
RELATIONSHIP #2		
HOW I'LL TAIL	OR MY COMMUNICATION STYLE:	
RELATIONSHIP #3		
HOW I'LL TAIL	OR MY COMMUNICATION STYLE:	



WORD ACTIVITY

STEP ONE: Review the list of characteristics below and circle the ones you feel describe you (no limit).

refle	ective	challenging	I	logical		realistic	
enthusiastic deter	convincin mined	g firm	caring	reliable	sensitive	calm	concise
accommodating obje	steady a	ctive factual	well-argued	assertive	impulsive	decisive	friendly
accurate tac	courageo	us constant	structured	harmonious	daring	consistent	stable
strong-willed purp	influencin oseful	cautious	calculating	conventional	exact	mobile	loyal
persuasive patient	driving fun	forceful	optimistic	amenable	engaging	analytical	correct
outgoing	co-operati	ve	diplomatic		sociable		cheerful

STEP TWO: How many words of each color did you circle?

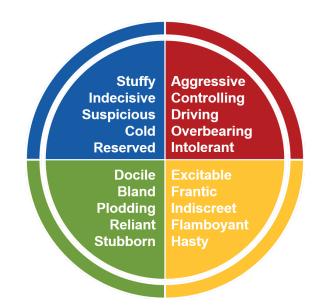
Blue	Red	Green	Yellow

The color of words you circled the most represents the color energy you lead with, which is key to understanding how you prefer to communicate and interact with others.

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COLOR ENERGY MIX



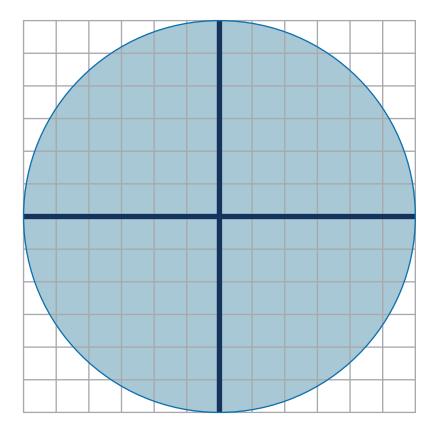


STEPPING ACTIVITY

STEP ONE: You will hear a series of statements in conjunction with instructions for moving (i.e., "stepping") across the bullseye grid, based on your responses to the statements.

Note:

This activity works best during the in-class workshop session.

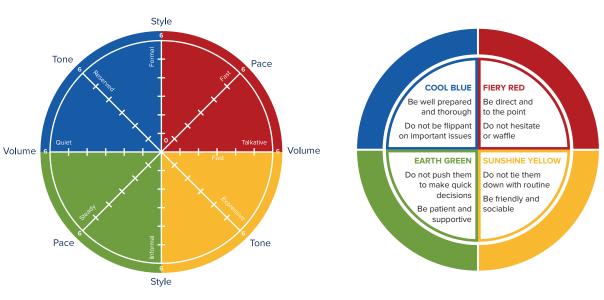


ADAPTING AND CONNECTING

Knowing the color energy that you lead with (i.e., your preferred communication style) helps you communicate more effectively with others. This self-awareness gives you the ability to tailor your style in order to build stronger connections with others based on their preferred style for communicating. So how do you determine what color energy your client leads with? What language do you listen for to understand their preferred communication style?

USE THIS SCALE TO MEASURE YOUR CLIENT'S VERBAL STYLE:

TIPS FOR COMMUNICATING WITH DIFFERENT COLOR ENERGIES:



STEP TWO: Understand your **Jungian Preferences**—introversion, extraversion, thinking, feeling—and how these preferences correspond to your color energies.

Thinking Preference

Formal, Impersonal, Analytical, Detached, Objective, Strong-minded, Competitive, Correct, Tasks, Systems



Feeling Preference

Informal, Personal, Subjective, Considerate, Involved, Caring, Accomodating, Harmonious, Relationships, Morale

Introversion Quiet, Observant, Inward focus, Depth, Intimate, Reserved, Reflective, Thoughtful, Cautious

Extraversion

Energetic, Involved, Outward focus, Breadth, Quick, Action-oriented, Outspoken, Bold

