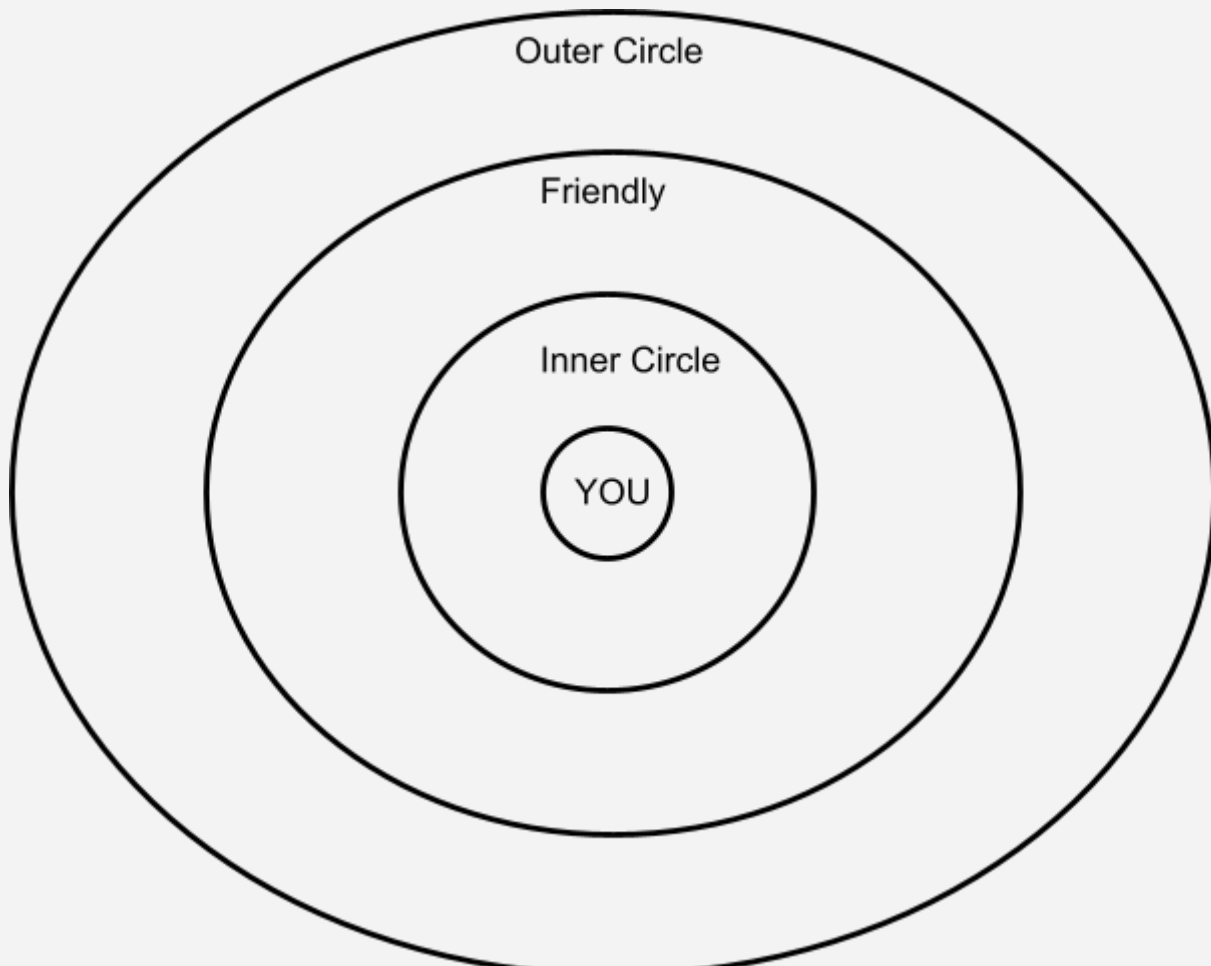


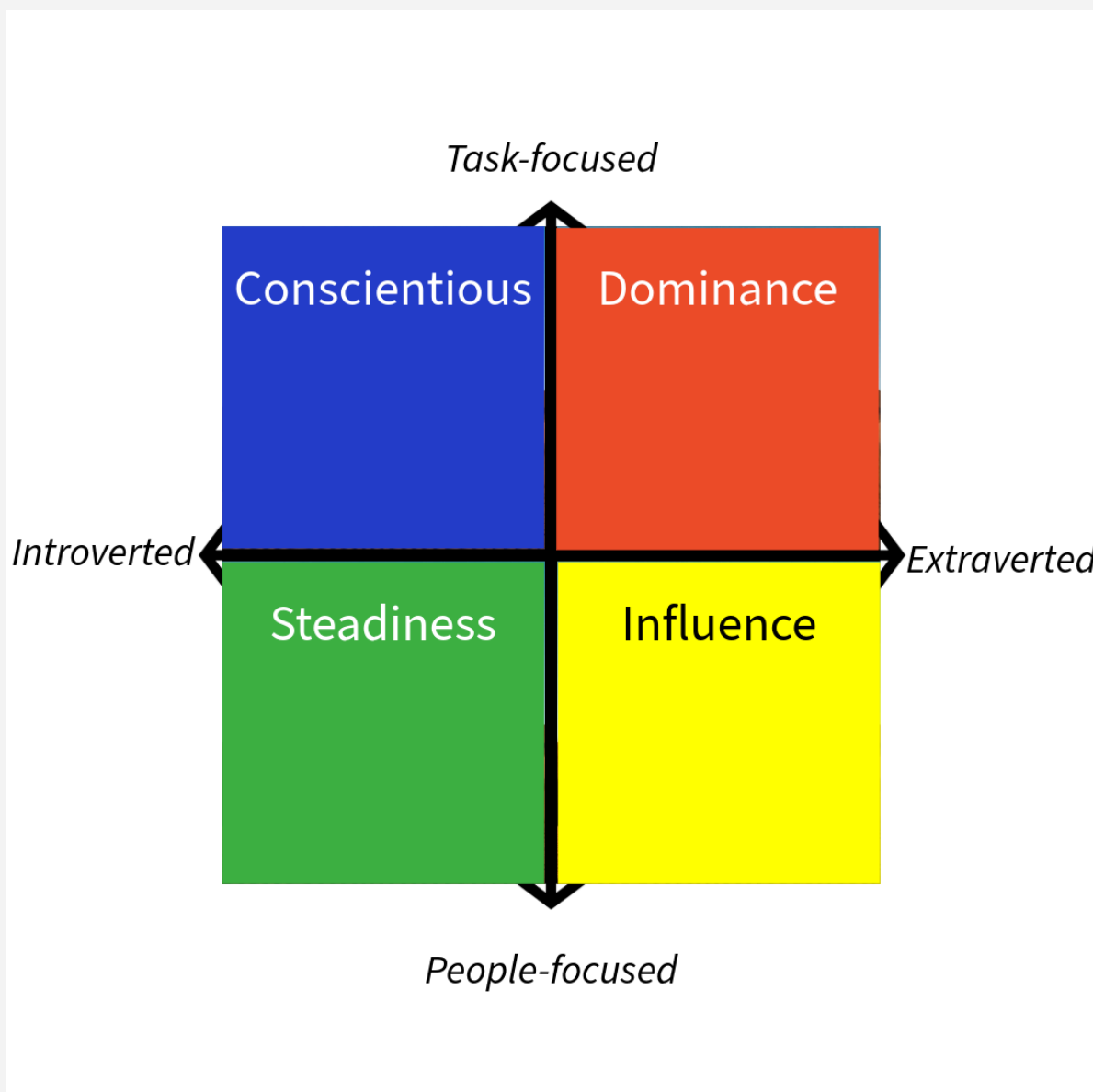
Who's in your network?



Communicating at Your Best

Environment	Behaviour	Skills	Beliefs and Values	Identity and Purpose
<p><i>What environment supports you to communicate at your best?</i></p>	<p><i>What behaviours support you to communicate at your best?</i></p>	<p><i>What are you already good at that supports you to communicate at your best?</i></p>	<p><i>What do you believe and value that helps you communicate at your best?</i></p>	<p><i>Who do you want to be that enables you to communicate at your best?</i></p>

Communication preferences



Reflection questions

- Thinking about yourself: what are your preferences when giving and receiving information?
- Thinking about your manager or someone you want to influence: what are their preferences when it comes to giving and receiving information?
- Thinking about your situation: how might you need to adapt your communication style in order to better advocate to those of a different preference?

Circles of Concern

