



7: Communications

W o r k s h e e t s

Do you consider yourself a good communicator?

What is holding you back? Experience, confidence, energy level...?

What have you picked up in the book thus far to help overcome these issues?

4 Types of Communication: What grade would you give yourself and what steps do you plan to implement to champion each form?

Thinking on your feet. Grade:_____

Influencing others. Grade:_____

Presentations. Grade:_____

Feedback. Grade:_____

Fit for Purpose Communications: What proportions do you typically use today?

Electronics (email/text): _____

Phone: _____

Face-to-Face: _____

Video/Zoom: _____

Which is your favorite?

Which is your least favorite?

What steps will you implement to achieve a more fit-for-purpose balance?