

#9 Communication Action Plan

Communication is 50% understanding words and tone of voice plus 50% reading body language. We need to become good listeners and good lookers!

COMMUNICATION

Expresses Ideas Clearly

Listens for Understanding

Receptive to Feedback

Long Attention Span

Sensitive to Feelings

Honors Different Styles

Reads Nonverbal Clues

Engaging

Positive Self-Talk

Prevents Breakdowns

Evaluate your skill level in this inventory category on a scale from 1 to 10.

Which skill do you want to strengthen at this time?

Which skill is too low and causing you problems?