HOW TO ADAPT YOUR COMMUNICATION STYLE

Aim for Assertiveness

In most situations. assertive communication is the goal. Practice using “I” statements, setting boundaies respectfully, and listening actively.

Mirror Appropriately

Subtly matching someone’s pace or tone (if positive) can build rapport.

Adjust for the Listener

If someone is highly analytical, provide data. If they are intuitive, focus on the big picture. If they are personal, acknowledge feelings.

Be More Direct or Indirect

Depending on the cultural context or the sensitivity of the topic, you might need to be more straightforward or more subtle than usual

Choose Your Modality Wisely

Sensitive feedback might be better delivered verbally (assertively) than in a blunt email. Complex data might need visual aids.