



**Pre-workshop Exercise:**

Some things to think about concerning your communication style-

- How do you make tough decisions? How long do you take? How much time do you need?
- What is your tolerance for risk and how do you treat employees and colleagues who do take risks?
- When do you give up and quit?
- How do you react to frequent and/or major change?
- How willing are you to admit mistakes when you are wrong?
- How much do you trust others to get the job done?
- How much information are you willing to share with others about the organization?
- What percentage of time do you keep your word?
- How do you behave with others when you are under pressure?

**Post-workshop Exercise:**

- What examples, if any, can you give of constructive feedback that you want to give to a colleague, but have not given? Why not?
- What conflicts, if any, are you avoiding at work, even though you have something to contribute to the issue? How can you appropriately assert your point of view?
- How can you strengthen a relationship by being more authentic?