

Treat others how you want to be treated? Communication Preferences and how they can help you...

Treat others how you want to be treated yourself, whilst a wonderful sentiment is not a phrase that translates to every facet of our lives. In this case, we want to talk about it in relation to communication.

It is most likely that when you interact with some people, you just seem to click and the conversation flows effortlessly. With others, it may be difficult to see their perspective and things might be a bit sticky. Often when faced with this sticky situation, with the prior knowledge of treat others how we want to be treated, we can start to communicate even more in our own communication style in order to try and calm the feeling of discontent with the conversation. However, despite this being a common reaction, we encourage and recommend you to do the exact opposite.

To fight the norm and stop making this common mistake, an understanding of communication styles is invaluable to you. It is sometimes difficult to digest that others are different to us; however, this is the key to elevating those more difficult conversations. Once you have understanding that communication styles exist and are varied, this is the 'plant the flag in the sand' moment for your communication skills.

From here, understanding your communication preferences is vital to progress. Are you more introverted or extroverted? Do you tend to be energetic or subdued? Do you like working with teams or prefer working on your own? These are all important questions to be asked and answered and once completed, you are in a much better position to improve your conversational competence.

Just as you have your own set of answers, others will have their own individualised set of answers too, some of which may clash with yours. It is this understanding of preferences that enables us to recognise this potential clash and adapt and flex our styles. If you are extroverted and managing someone more introverted, recognising this and adapting to their style will ensure the communication is simpler, easier and more satisfying.

Ultimately, for communication it is less about treating others as you would like to be treated and very much more about treating others as *they* like to be treated; recognising what that entails, and adapting to ensure the best communication and relationships possible.

Need a fast and easy framework to make this all make sense? Check out our Adapt Assessment tool and understand your communication preferences and those of others in just 15 minutes! Improve your communication here: <https://www.thinkinspireandcreate.co.uk/adapt-personal-development-tool/>

Want guidance and an action plan as to how you can affect continued change to your communication? Take a look here: <https://www.thinkinspireandcreate.co.uk/adapt-workshops/>

