

7 Quick Tips for Strengthening COMMUNICATION



1 Listen Fully
Listen without interruption to build trust.

2 Adapt to Different Styles
Tailor your communication to match the other person's style. Tools like DISC can help.

3 Pause Before Responding
Take a brief pause to stay calm and constructive, reducing reactive language.

4 Ask Questions to Understand
Encourage dialogue by asking questions to deepen your understanding rather than to lead or judge the conversation.

5 Avoid Judging
Approach conversations with an open mind. Focus on understanding the other person's perspective.

6 Keep It Concise
Communication should be clear and to the point, avoiding lengthy explanations.

7 Remember: It's About Them
Communication isn't about you—it's about understanding and connecting with others.

Let's break this down further.

Reach out for a discovery call to explore resilience-building strategies tailored to you.



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