

COMMUNICATION ACTION PLAN

(CONFIDENTIAL)

SECTION 1 - MY BEHAVIOURS

I have learnt that my natural behavioural style is (PLEASE CIRCLE THOSE THAT APPLY):

HIGH D
HIGH I
HIGH S
HIGH C

LOW D
LOW I
LOW S
LOW C

Which means that under stress, pressure or fatigue, I could be perceived as being:
(Please use your self discovery document for this exercise)

My adapted behavioural style is (PLEASE CIRCLE THOSE THAT APPLY):

HIGH D
HIGH I
HIGH S
HIGH C

LOW D
LOW I
LOW S
LOW C

Which means that most of the time, I could be perceived as being:
(Please use your self discovery document for this exercise)

Key value that I bring to the team behaviourally are:

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SECTION 1 - MY BEHAVIOURS CONT...

Based upon what I know about my natural behavioural style, some tasks that I will find particularly draining are:

Some ways I can re-energise after long periods of adaption are:

SECTION 2 - OTHER BEHAVIOURS

The initials of the people I need to spend time building communication with are:
(Please use your communication matrix document for this exercise)

Person 1: _____
Person 2: _____
Person 3: _____

The impact that improving these communications will have upon me personally will be:

The impact that improving these communications will have upon the my team will be:

The impact that improving these communications will have upon the business will be:

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SECTION 3 - PERSON 1

I think, or I know that person 1's behaviour is:
(PLEASE CIRCLE THOSE THAT APPLY):

HIGH D
HIGH I
HIGH S
HIGH C

LOW D
LOW I
LOW S
LOW C

The value that this person's behaviour brings to the team is:
(PLEASE USE YOUR SELF-DISCOVERY DOCUMENT FOR THIS EXERCISE)

The main behavioural differences we may have are:
(PROMPT - THINK ABOUT **TASK**, **OPTIMISM**, **PACE** AND **RULES**)

To improve my communication with Person 1, I can:

I will know that our communication has improved when:

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SECTION 4 - PERSON 2

I think, or I know that person 2's behaviour is:
(PLEASE CIRCLE THOSE THAT APPLY):

HIGH D
HIGH I
HIGH S
HIGH C

LOW D
LOW I
LOW S
LOW C

The value that this person's behaviour brings to the team is:
(PLEASE USE YOUR SELF-DISCOVERY DOCUMENT FOR THIS EXERCISE)

The main behavioural differences we may have are:
(PROMPT - THINK ABOUT **TASK**, **OPTIMISM**, **PACE** AND **RULES**)

To improve my communication with Person 2, I can:

I will know that our communication has improved when:

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SECTION 5 - PERSON 3

I think, or I know that person 3's behaviour is:
(PLEASE CIRCLE THOSE THAT APPLY):

HIGH D
HIGH I
HIGH S
HIGH C

LOW D
LOW I
LOW S
LOW C

The value that this person's behaviour brings to the team is:
(PLEASE USE YOUR SELF-DISCOVERY DOCUMENT FOR THIS EXERCISE)

The main behavioural differences we may have are:
(PROMPT - THINK ABOUT **TASK**, **OPTIMISM**, **PACE** AND **RULES**)

To improve my communication with Person 3, I can:

I will know that our communication has improved when:
