

Asking and Organizing

Another kind of knowledge that goes into "strength" is knowing when and how to ask for help...and being able to just do it. Ask!

Effective communication

Our goal is to build a dependable team by communicating clearly and effectively.

Good communicators:

- Are aware of their conversational style and habits
- Know what styles and habits in other people are difficult for them
- Are flexible in their communicating
- Sincerely desire to create shared meaning with others
- Interpret gently

Barriers to good communication:

- Assuming that your style is the right style
- Judging a person's character based upon his/her communication style
- Being inflexible
- Interpreting other people's meanings as you would your own

Exercise your asking muscles

We all view asking for help differently. Finding out your feelings will help with personalizing your "ask." Let's start here:

A. Asking: How does it feel: To ask and have the person you asked say "yes"?

To ask and have that person say "no"?

B. Receiving: When someone offers help, can you say:

"Thank you. That would be great!"

"That's really nice, but I don't think I can accept."

"I'm sorry you can't help with that, how about ___?"

"That's OK, can I ask you another time?"