

# How I like to converse

Taking some time to reflect and gain self-awareness on your communication preferences when working with others can be useful in helping you achieve a collaborative balance. When embarking on your **mentee/mentor** relationship consider sharing your preferences with each other so you can identify how you will work successfully together and tackle any areas for compromise –this will help you get off to a positive start!

## When Communicating I prefer

### Low Context

Messages are precise, clear and understood at face value.

### High Context

Messages are less direct and meaning is implied not explicitly stated.

## When Evaluating I prefer

### Direct Negative Feedback

Feedback is direct, upfront and to the point.

### Indirect Negative Feedback

Feedback is 'cushioned' with the reciprocate reading between the lines.

## When learning to Trust others I prefer

### Task Based

Trust is built via business activities and professional relationships aren't always sustained at a personal level.

### Relationship Based

Trust is built through social activities, meals and drinks and strengthened through taking time to know others at a personal level.

## When Scheduling in tasks or meetings I use

### Linear Time

Emphasis on deadlines and promptness with a methodical approach to completing tasks.

### Flexible Time

Tasks are approached in a fluid manner with emphasis on flexibility, and interruptions are accepted and reacted to immediately

\*Scaling statements summarised and adapted from: **"The Culture Map", Erin Meyer, 2014**