

THREE STEPS TO BETTER TEAM CHEMISTRY

WHY?

In every encounter, interaction, meeting, or project, three conscious steps matter:

1

Pause and notice

Before each exchange, take a brief moment to ask yourself:

- How am I right now?
- What energy am I bringing?
- What might the other person need?

Even this short self-check changes the quality of communication.

Space for your notes:

2

Show interest and shift perspectives

Connection grows when you adapt your style to the person in front of you. Personality assessments help read others better and engage with them. Genuine interest is essential. The goal is to question your own patterns to respond appropriately to those of others.

Space for your notes:

3

Communicate consciously

Each communication style requires a receiver-focused approach::

- Dominant types want clarity and pace.
- Initiative types appreciate energy and enthusiasm.
- Steady personalities value calm and trust.
- Conscientious people need structure and data.

Space for your notes: